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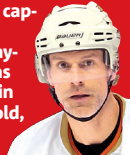


Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- Today — Canadian captain Scott Niedermayer only has one goal in mind — gold, page 18



Get fired up for Winterlude

OPENING A 20-minute fireworks extravaganza kicks off the official opening of the 32nd edition of Winterlude Friday night.

The opening night musical performances and extreme sport demonstrations take place starting at 7 p.m. at the Canadian Museum of Civilization and at Major's Hill Park.

Both sites, along with the Snowflake Kingdom, which opens at 10:30 a.m. on Friday at Jacques-Cartier Park, are the best places to enjoy the fireworks.

In Confederation Park, the Rogers one-block ice carving challenge starts at 8 a.m. on Friday.

METRO OTTAWA
MORE COVERAGE, PAGE 2

NHL Hot streak



Ottawa Senators goaltender Brian Elliott watches the puck as it's deflected in front of him during the second period of the Senators' game against the Vancouver Canucks at Scotiabank Place Thursday. The Sens made it 11 in a row with their 3-1 win. Scan the barcode on page 16 for summaries of all last night's NHL games.

Tories scrambling

Harper tries to dispel idea government isn't working in face of prorogation poll results

The Harper government has jettisoned its bunker-style media strategy and the parliamentary calendar as it scrambles to undo the self-inflicted damage over its decision to suspend Parliament.

The suddenly media-hungry Conservatives trotted out a pair of cabinet ministers Thursday to assure Canadians they're hard at work — and that a new proposal to cancel two parliamentary spring breaks is not just a cynical political ploy.

But a new poll suggests Canadians think the government isn't doing enough with Parliament out.

As part of a concerted campaign to dispel that impression, the government is proposing to sit two extra

weeks once Parliament does finally resume business March 3. They want to cancel a week-long break in March and another in April — and they appear to have the consent of all three opposition parties to do so.

"The two break weeks need to be cancelled so we can work hard," Natural Resources Minister Christian Paradis said.

That assertion raised obvious questions about why Prime Minister Stephen Harper prorogued Parliament in the first place.

Critics insist it was largely to avoid politically damaging parliamentary hearings on the Afghan detainee controversy. But Paradis and Industry Minister Tony Clement

continued to insist the time-out was necessary to "recalibrate" the government's agenda as it prepares for the second phase of its economic action plan, to be unveiled in

Industry Minister
Tony Clement

a March 4 budget.

"We've used the intercession quite strategically to make sure that we are connected to Canadians' con-

cerns, their hopes, their aspirations," said Clement.

The sudden accessibility is in stark contrast to the government's normal routine, which is to refuse to even say when cabinet meets, much less what went on.

The survey suggests 39 per cent believe the government has been not at all active or working hard since Harper prorogued Parliament Dec. 30. Only 12 per cent said the government has been very active and hardworking.

THE CANADIAN PRESS
MORE COVERAGE, PAGE 6

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Local



FurBall to recall '80s Dynasty-style

The wife of Prime Minister Stephen Harper, Laureen Harper, left, returns as honorary chair of the Ottawa Humane Society's sixth annual FurBall. This year's event, held March 27 at the National Gallery of Canada, is themed Dynasty style, with décor and fashion recalling the opulent 1980s. A variety of prizes and live and silent auctions will help raise money for the animals. Items include the sale of celebrity pet bowls, featuring designs from Sarah McLachlan, Hilary Swank and the Canadian Women's Hockey Team. METRO OTTAWA

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Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page.

News in brief

COLLISION A 25-year-old Ottawa man is charged with careless driving after police determined a garbage truck involved in a serious collision with an SUV in south Ottawa Wednesday had failed to stop for a red light. Police said a garbage truck was travelling east on Hunt Club Road when it collided with a Honda CRV.

PORNOGRAPHY Police have charged an Ottawa man with child pornography offences. David Elgear, 23, appeared in court Thursday to face charges of accessing and possession of child pornography.

BYELECTION The provincial bye-election to replace Jim Watson in Ottawa West-Nepean will be held on March 4. Former Ottawa mayor Bob Chiarelli is the Liberal party candidate, while Mike Patton and Beth Graham are competing for Conservative candidacy. Pam Fitzgerald is running for the NDP and Mark MacKenzie for the Green party. METRO OTTAWA

metronews.ca

What's online today.

Video Danny Williams is recovering from heart surgery performed Thursday in the United States, at metronews.ca/canada

Lotteries KENO

Ontario Pick 3: 698; Ontario Pick 4: 3945

Encore: 1995207

Daily Keno: 4, 6, 8, 15, 22, 24, 26, 30, 31, 33,

38, 40, 43, 54, 57, 60, 63, 64, 68, 69

Payday: 4, 19, 34 & 40

These results are not official.

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YSB marks 50 years of youth care

Service bureau celebrates long history of recovery for clients

TRACEY TONG
tracey.tong@metronews.ca

When Valarie Findlay was a young teenager, she went through some tough times.

Her parents had separated. "I found myself losing whatever structure I had," the Ottawa woman recalled Thursday.

She became angry, abused substances and sought acceptance on the streets.

The Youth Services Bureau entered her life in the early 1980s, when she was 13.

"I was already so damaged that even establishing a productive counselling relationship with me was a massive challenge," she said. "Sometimes, we put up walls not to keep others out, but to see who cares enough to tear them down."

"My YSB worker cared enough to tear my walls down." The care shown to her allowed her to see her life differently, she said. Still, she dropped out of high school, was charged as a young offender and placed in a high-risk group home by 14.

It was then that she realized



When Valarie Findlay, left, was 13 years old, she received guidance from Youth Services Bureau social worker Ruth Dulmage. Thursday, on the 50th anniversary of YSB, Findlay thanked Dulmage for helping her through a difficult time in her life.

ized she had to turn her life around.

At the celebration of the YSB's 50th anniversary Thursday, Findlay expressed "my deepest gratitude for YSB's guidance and support," and in particular, to her YSB worker, Ruth Dulmage.

Stories like this one is what YSB is all about, said the organization's executive director Alex Munter.

Many things have changed since the City of Ottawa's Welfare Council founded the organization in 1960, said Munter.

Back in 1960, there were four staff — two full-time and two part-time — that served 18 kids.

"Today, we have 350 women and men ... that serve between 2,500 and 3,000 youth and families every month," Munter said. Many workers and clients, past and present, attended the celebration.

The organization now offers youth and family counselling, mental health programs, emergency shelters, supportive housing, employment programs, a drop-in centre and a 24-hour crisis line.

"One thing hasn't changed," Munter said, "and that is the passion, commitment and determination of the women and men that work at the Youth Services Bureau."

To the clients of YSB, Munter said, "this celebration is very much about you."

"We believe that no person's entire future is defined by a struggle that they face, an obstacle they have encountered or a choice they have made."

Coyotes not a threat ... not pets either

SIGHTINGS Do not fear the coyotes, but don't feed them, either.

"Most coyotes are not a threat to humans," said Gloucester-Southgate Coun. Diane Deans. "They do not prey on humans and they are very, very unlikely to attack. There is no reason to believe that a healthy young coyote is going to attack someone in a neighbourhood right now."

Recent coyote sightings in urban areas in the city have produced a number of concerned calls to various councillors. Deans said she's received dozens of calls after a coyote was seen near a playground in Greenboro. Coun. Marianne Wilkinson warned Kanata residents not to leave pets unattended in open areas after coyotes are believed to have killed a small deer in a backyard.

Thursday, the community and protective services committee endorsed the coyote plan but deferred it to a couple of other committees so it could be dealt with as part of a larger wildlife strategy.

After years of trying to get a strategy for dealing with coyotes, Osgoode Ward Coun. Doug Thompson said he was pleased that something was finally in the works.

TIM WIECLAWSKI/METRO OTTAWA



Chargé d'Affaires in Ottawa for Haiti Nathalie Gissel-Menos, left, and National Capital Commission CEO Marie Lemay, at one of the 17 donation boxes.

Busy skateway site of human chain for Haiti

WINTERLUDE Skaters on the Rideau Canal are encouraged to come together for Haiti this weekend.

More specifically, the National Capital Commission and the Canadian Red Cross are asking people to gather on the Skateway at 3 p.m. on Saturday to form a human chain in a show of solidarity for Haiti.

2010 Winterlude

"We hope to be able to have close to a 7.8-kilometre human chain along the canal with members of the Haitian community, visitors and residents to show our support for the people of Haiti," said David Fraser,

president of the Canadian Red Cross Ottawa Branch Council. The NCC has also set up 17 donation boxes to collect funds for Haiti.

Senator Jim Munson is also accepting pledges for a 100-km skate-a-thon over the weekend.

The skateway will be a busy place during the first weekend of Winterlude.

On Saturday morning, hundreds of people will compete in the 27th annual Winterlude Triathlon. The skate-ski-run event starts at Dow's Lake at 7:30 a.m. Once that race is over, the fun begins with the Bedzzz 30th annual Bed Race at 12:30 p.m., also at Dow's Lake.

TIM WIECLAWSKI/METRO OTTAWA

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*According to an independent consumer survey conducted in November 2009.



The National Capital Commission opened seven kilometres of the Rideau Canal Skateway between Somerset Street and the Hartwells' Locks Thursday. The only section that remains closed is between the National Arts Centre and Somerset Street. **METRO OTTAWA**

Photography's history at NGC

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These days, photography is accessible to most people.

But back when it was first invented, it was only for the middle or upper classes, and even then, the process was slow. It was time-consuming to polish the silver coating on daguerreotypes, and each photograph would take up to 20 minutes to capture.

"They were not the sort of things that everyone could afford," said James Borcoman, curator of the National Gallery of Canada's latest exhibit, 19th Century French Photographs from the National Gallery of Canada.

The moment the process was made available in 1839, manuals on how to do it were immediately published in 24 different languages around the world, Borcoman said.

"It caught on like wildfire," he said.

"But it's in Paris where you get all kinds of experimenting going on and all



Following the invention of photography, French photographers — especially the ones who lived around Paris — proved themselves to be the most inventive, said James Borcoman, curator of the NGC's latest exhibit, 19th Century French Photographs from the National Gallery of Canada.

kinds of subject matter.

"The Paris school — most of what you see in the exhibition are photographers that lived in or around Paris — they were very inventive," said Borcoman. "They did all kinds of things with this new invention that wasn't being done elsewhere in the

world."

Opening Friday and on view through May 16, the exhibit features 117 works selected from the gallery's permanent collection, which include daguerreotypes, salted paper, albumen silver, photogravure and gelatin silver prints by photographers including

daguerreotype inventor Louis Jacques Mandé Daguerre, Maxime Du Camp, Charles Nègre, Gustave Le Gray, Eugène Cuvelier, and Eugène Atget.

Subjects include portraiture, landscape, nude studies, street activities, architecture, archaeology, and records of war.

City hosts info session for local IT companies

TIM WIECLAWSKI
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By law, the city cannot give any preference to local companies during a competitive procurement process, but it can help them submit the best bids possible.

On Friday, the city and the Ottawa Centre for Research and Innovation are hosting almost 100 local information technology companies at a vendor information session to help them prepare to bid for municipal contracts.

"We want to make it easy for local companies to participate in the procurement process," said Kanata North Coun. Marianne

Wilkinson. "It doesn't mean that they're going to get it, but we don't want to shut them out."

Wilkinson, the chair of the city's information technology sub-committee, said some companies have difficulty submitting bids with the city because they don't know what the city is looking for.

Wilkinson said the session will give some smaller companies a chance to make partnerships and share expertise in order to bid on some of these contracts.

The city will also present its five-year technology roadmap at the session, which outlines future large-scale technology investments.

News in brief

SNO-BUS OC Transpo Sno-Bus is back for Winterlude. Operating on all three Winterlude weekends — Feb. 6 to 7, 13 to 14, and 20 to 21 — the Sno-Bus travels from Confederation Square downtown to all the sites along the Rideau Canal and Dow's Lake. For service to

Jacques-Cartier Park, riders can transfer to the STO Sno-Bus in front of the National Arts Centre. The Sno-Bus is free for children 11 and under. Customers 12 and older pay \$3 — cash only — and can ride the Sno-Bus all day with their tickets.

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Despite spending last weekend in jail on drug charges, Ed DeVries is not about to shut the Qikiqtani Compassion Club, what is almost certainly the most northerly — and perhaps the most popular — medical marijuana club in Canada. **THE CANADIAN PRESS**

Canada



Prosecutors seek publication ban

Military prosecutors are seeking a publication ban on some of the evidence to be presented at the court martial of a Canadian officer accused of killing a wounded Taliban fighter on the battlefield. Lawyers will ask the court on Friday to ban the public from hearing the entire contents of a witness affidavit to be used against Capt. Robert Semrau, left.

THE CANADIAN PRESS

Iggy's OK with cancelled break

POLITICS Liberal Leader Michael Ignatieff says he has no problem with the Conservative government's plan to cancel parliamentary breaks in March and April.

But he says he'd prefer if the Tories simply came back to work now. Ignatieff says there was "no good reason" for Prime Minister Stephen Harper to prorogue Parliament until March, and if the prime minister wants MPs to work through the spring, that's fine with him.

THE CANADIAN PRESS

Rideau Hall Act of courage



Gov. Gen. Michaëlle Jean presents eight-year-old Kelsey Roy of Carleton Place, Ont., with the Medal of Bravery during a ceremony at Rideau Hall in Ottawa on Thursday. Roy saved her mother who fell through the ice on Mississippi Lake.

SEAN KILBICK/THE CANADIAN PRESS

News in brief

PIPELINE A B.C. Oil and Gas Commission report into a toxic gas leak last fall in northeastern B.C., where there have been a series of pipeline bombings, paints an alarming

picture of the emergency response by well operator EnCana.

SURGERY Premier Danny Williams is recovering from heart surgery performed today

in the United States. Deputy premier Kathy Dunderdale says surgery on the premier of Newfoundland and Labrador went well.

THE CANADIAN PRESS

Buy U.S. deal reached

Canada granted exemption from protectionist rules

Canada and the United States will announce Friday that the year-long dispute over protectionist Buy American provisions has finally been resolved, The Canadian Press has learned.

A source familiar with the negotiations suggested that Canada would be granted a Buy American exemption involving any contracts funded from what remains of the \$787-billion U.S. economic stimulus package passed by Congress last year.

The White House will make it clear to states and municipalities that Buy American requirements don't need to apply to Canadian companies, the source said. That would leave states and municipal-

Trade irritant

Buy American has been a major trade irritant between the United States and Canada since Congress inserted the provisions in the American Recovery and Reinvestment Act a year ago. That legislation was aimed at pulling the U.S. out of a devastating recession.

ities free to exempt Canadian manufacturers if they want to.

In return, Canadian provinces and municipalities will give the green light to American firms bidding on projects north of the border.

"The big question now is how quickly it will lock in

for uncommitted U.S. stimulus money," one source said. But others pointed out that even though the deal comes just two weeks before the deadline for spending the stimulus money, it's a significant development in contemporary Canada-U.S. relations. It means the U.S. is now recognizing that the two countries' economies are intricately linked.

THE CANADIAN PRESS

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Man, 54, hunted over sex assault on child

An arrest warrant has been issued for a 54-year-old man accused of sexually assaulting a girl under the age of six on an Alberta First Nation. Police say they were called early Wednesday to a home on the Sunchild First Nations Reserve, about 260 kilometres southwest of Edmonton. **THE CANADIAN PRESS**

Lépine blogger troubles judge

He must remain in custody

A Quebec judge has refused to grant bail to a man who named his blog after **École polytechnique** killer Marc Lépine and allegedly made threats against women.

Lépine killed 14 women and then himself in a 1989 rampage in Montreal.

Judge Claude Leblond says Jean-Claude Rochefort's online musings are troubling and a clear indication of the Quebecer's obsession with winning a war against feminists.

The judge called his writings anti-feminist and anti-women and said the comments showed a "visceral hatred of women in general."

A Montreal police investigator testified he visited Rochefort's apartment.

Sgt.-Det. Marco Caya said he tried to reason with

Rochefort, informing him his blog posts had incited fear among various women's groups.

"I suggested to him that he stop writing," Caya said. "I also strongly suggested he stop posting photos."

Rochefort, 61, is charged with one count of uttering threats against women in general.

He has pleaded not guilty and his lawyer says the man didn't intend to act on his comments.

Leblond ruled that Rochefort should remain in custody pending the outcome of his trial.

The blog claims Lépine has evolved into a folk hero.

A police detective said the blog is still online because the American host of the site wanted to see that charges have been filed before taking any action.

THE CANADIAN PRESS

Quebec City Sculptors face a giant snow job



Teams from around the world work on giant blocks of snow on the Plains of Abraham Thursday, as part of the international snow sculpture competition in Quebec's winter carnival in Quebec City.

Murray holds on to seat for Liberals

ONTARIO Opposition hopes that anger over the harmonized sales tax would see voters punish the Ontario government failed to materialize Thursday as former Winnipeg mayor Glen Murray held on to a Toronto rid-

ing for the Liberals.

The victory came despite a solid showing from New Democrat candidate Cathy Crowe, a street nurse who had hoped to end nearly a decade of Liberal dominance in Toronto Centre in

the contest to replace former deputy premier George Smitherman.

"What a wonderful way to begin Ontario politics in 2010," Premier Dalton McGuinty said after Murray's win. **THE CANADIAN PRESS**

News in brief

CRIME Calgary police say foster children across Canada are being questioned after a foster father was charged with sex offences involving three boys in his care. Police allege the man offered the boys money in exchange for sex acts.

THE CANADIAN PRESS

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Fresh corruption charges for Blagojevich

Former Illinois Gov. Rod Blagojevich and his brother were charged Thursday in a fresh corruption indictment that contains no new allegations of misconduct but which prosecutors hope will help speed the start of Blagojevich's trial. **THE ASSOCIATED PRESS**

9

World



Colour me a dinosaur

Some dinosaurs had russet-colored feathers and one jazzy specimen had a Mohawk crest and stripes, researchers say in the first reports to confidently assign colours to dinosaurs. Their colours have long been a subject of speculation among researchers and schoolchildren. In the new study, reported in Thursday's online edition of the journal *Science*, scientists focused on melanosomes, which impart colour. **THE ASSOCIATED PRESS**

News in brief

SPACE The planet Pluto is changing its looks, donning more red in its complexion and altering its iceball surface here and there. Colour astronomers surprised. Newly released U.S. Hubble Space Telescope photos show the distant one-time planet — demoted to “dwarf planet” status in 2006 — is changing colour and its ice sheets are shifting. From 1954 to 2000, Pluto did not change in colour when it was photographed from Earth.

THE ASSOCIATED PRESS

m.metronews.ca



Thousands of election staff in Afghanistan have been banned from future duties after a probe into last year's flawed election. Scan this barcode for the story

Deadly day for civilians and militants alike

A suicide car bomber detonated his explosives near a hotel in southern Afghanistan, killing at least six people and wounding nearly two dozen, officials said.

Thursday's blast in Kandahar occurred as NATO and Afghan forces prepare for a joint offensive against Taliban militants in the neighbouring province of Helmand in a major bid to break the Taliban stranglehold on the south.

A policeman in the district where the blast happened, Ahmed Shah Khan, said the bomber's target was not immediately clear, and the explosives may

have detonated prematurely. The six killed, including a child, were near the hotel, according to hospital official Mohammad Ibrahim. He said 18 people were wounded.

NATO has sent reinforcements into Kandahar, fearing the Taliban are encroaching on the city of 800,000 people. At the same time, the international community launched a program of economic aid and development projects.

NATO and Afghan forces also killed 32 suspected militants in Helmand as troops there gear up for a push to capture the town of Marjah, officials said Thursday.

Anti-IED expertise

• The U.S. is considering a plan that would give NATO allies access to some of the equipment and expertise used by American troops to deter roadside bombs.

A start date for the Marjah offensive has not been released for security reasons. The operation will be the first major offensive since U.S. President Barack Obama ordered 30,000 more American troops to Afghanistan, and many of the Marines set to participate arrived as part of the surge. **THE ASSOCIATED PRESS**

Haiti Americans charged



Corinna Lankford, right, and her daughter Nicole arrive at court in a police truck in Port-au-Prince, Thursday. The 10 Idaho missionaries who tried to take Haitian children out of the country were charged with kidnapping. Their Haitian lawyer defending them says nine of the Americans are innocent.

France Masked protest



Some 300 masked French employees of Germany's Siemens hold a so-called “ghost town” protest in Saint Chamond, France, Thursday. Employees at the local Siemens plant protested the planned closure of the factory, a day after negotiations with unions were blocked by the management.

Shatterproof glass to curb violence?

BRITAIN The country that produced Shakespeare, The Clash and the Premier League has come up with a whole new contribution to world culture — the unbreakable pint glass. The innovation — unveiled by the government Thursday — means that bleary-eyed beer drinkers won't be able to smash their glasses, use the shards as weapons and attack people. There are about 87,000 alcohol-related glass attacks in the U.K. each year, with many resulting in hospital visits, Home Secretary Alan Johnson said as he introduced the two prototype shatterproof pint glasses.

THE ASSOCIATED PRESS

President bans ‘big and stupid’ mockery

INDONESIA Enraged by protesters likening him to a “big and stupid” water buffalo, Indonesia's president has ordered the beasts and other animals banned at street rallies, a decision some Indonesians said shows their leader can't handle criticism.

The ban follows a demonstration last week in which protesters — who accused President Susilo Bambang Yudhoyono of failing to fight corruption — tried to parade a water buffalo with

Yudhoyono's name spray-painted on it through the city's main traffic circle.

Yudhoyono was not thrilled with the comparison to a beast of burden that is a symbol of peasant rice farmers in Indonesia.

“They said that I am like a buffalo — big and stupid and slow in moving,” he told reporters Tuesday. “That statement is not ethical or moral, and to use a buffalo can violate other regulations, like traffic laws.” **THE ASSOCIATED PRESS**

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Man gets 10 years in jail for raping daughter

A Polish court has convicted a man who held his daughter captive for six years, raped her repeatedly and fathered two sons with her. Krzysztof Bartoszek was sentenced Thursday to 10 years in prison.

The entirety of the Polish trial took place behind closed doors to protect the daughter, now 23, and other family members. Reporters and TV cameras were only allowed in the court briefly Thursday to hear part of the verdict read. Janusz Sulima, a spokesman for the court, said Bartoszek, 47, was found guilty of multiple counts of rape, sexual acts with a minor and physical and psychological abuse against the daughter and other family members, among other charges.

Bartoszek admitted having sex with his daughter

Parallels

- The trial of Krzysztof Bartoszek began after the conclusion of the case in Austria against Josef Fritzl, who was found guilty of imprisoning his daughter in a dungeon for 24 years and fathering her seven children. The parallels led the Polish media to dub Bartoszek the "Polish Fritzl."

but insisted it was consensual. As he walked out of the court, he told reporters he plans to appeal.

Bartoszek has been in custody since 2008, when his wife and daughter came forward with the allegations. The daughter told police at the time that her father had raped her repeatedly while keeping her captive for six years in a room with no door handles.

THE ASSOCIATED PRESS

India Natural procession



Indian security forces stand guard Thursday as naked Hindu holy men take part in a procession as part of the festival of Kumbh Mela.

News in brief

LONDON Legislators are calling on Britain's government to ban Chinese paper lanterns because of a risk to cows, sheep and other livestock. The large lanterns, which are made of paper and a wire frame, are often released into the air to mark weddings or other celebrations. Often, the lanterns can drift for several kilometres

and land in rural fields. Baroness Janet Fookes says the decorations pose a danger to animals. Cattle have eaten the frames and died.

ACID Cambodia plans to draft a new law in a bid to stop the growing number of attacks in which jealous wives, vengeful businessmen and others have hurled acid at their rivals, a

government official said. More than 10 people were assaulted with acid in 2009, and three last month alone, according to a group that helps victims of the attacks. "For the attackers, using acid to attack opponents is very easy, not hard to hide like guns," said Deputy Minister of Interior Teng Savong.

THE ASSOCIATED PRESS

Judge: ISP's not responsible for piracy

SYDNEY An Australian judge ruled Thursday that an Internet service provider cannot be held accountable for illegal movie downloads by its customers, in a test case of a key strategy by entertainment companies to combat online piracy.

The judge said it was the first time a court had ruled on the question of whether an ISP should be liable for copyright violations by its users, and one expert said the decision would have global implications.

A group of 34 movie companies, including Australian branches of Hollywood studios Universal Pictures, Warner Bros. and 20th Century Fox, claimed Australia's third-largest Internet provider, iiNet, breached their film copyrights by failing to stop users from illegally downloading files. Justice Dennis Cowdroy ruled that while iiNet knew its users violated copyrights, that did not mean the provider was authorizing breaches.

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Charest in Bangalore, India

Quebec Premier Jean Charest said in Bangalore, India yesterday he will work to speed up the entry of foreign IT workers into Quebec. **THE CANADIAN PRESS**

world 11

Earthquake shakes northern California

Residents of Northern California's Humboldt County were rocked by a magnitude-5.9 earthquake yesterday, but officials said there were no immediate reports of major injury or damage from the second large tremor to hit the area within a month.

The U.S. Geological Survey reported the quake

struck at 12:20 p.m. (2020 GMT) about 35 miles (55 kilometres) northwest of the community of Petrolia and nearly 50 miles west (80 kilometres) of Eureka.

The shaking was felt within a 150-mile (240-kilometre) radius, as far north as southern Oregon and as far south as Sonoma County, according to the

USGS website.

Local officials and residents reported feeling a rolling sensation that caused items to fall from walls and shelves.

Humboldt County Sheriff's Office spokeswoman Brenda Godsey, who was in a restaurant at the time, said the quake lasted 25 to 30 seconds.

THE ASSOCIATED PRESS

Tainted milk a continuing problem

CHINA The resurfacing of tainted milk products in China highlights the challenges of policing the food supply in a country where close ties between local authorities and companies hamper regulation while producers are undertrained, experts said yesterday.

The problems have dealt another blow to China's efforts to restore confidence in its dairy supply after a massive contaminated milk

scandal in 2008 left at least six babies dead and sickened 300,000 other children. At the time, China promised sweeping changes and punished dozens of officials, dairy executives and farmers. In November, it executed a dairy farmer and a milk salesman.

But the penalties failed to deter others, and local governments with close ties to dairy companies often

shield them from being punished, leading to the new misdemeanours, said a food safety expert at Renmin University in Beijing.

"When companies violate the law, the government raises its stick high, but lets it fall down softly," said Zheng Fengtian, an agricultural economics professor. "The government coddles those companies too much."

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Comment

The mild thrills of Winterlude

UrbanCompass

Steve
Collins

metronews.ca/collins

Winterlude opens Friday, and if you're like me, you can contain your excitement. Don't take this as a failure of civic pride, but I've always been somewhat puzzled by tourists who flock to

Winterlude to experience the wonders of Ottawa in February. The National Capital Commission counts an average of 650,000 toques every year, though, so it clearly has some appeal.

I can remember being one of these tourists, coming up from the Ottawa Valley as a kid with my family. The memories are primarily of parking hassles, cold and boredom — in short, a typical winter family outing. Still, it's hard to forget that first skate on what organizers continue to trumpet as the world's longest rink.

(Nowhere is heard the discouraging word that Winnipeg's Assiniboine River Skate Trail actually took the record for world's longest rink in 2008, leaving pride-stung Ottawa quibbling about girth — its trail is only four metres wide — and stubbornly pointing out that our ice is still largest in total area.)

"Canada's Winter Celebration" always seemed to me a slightly sad attempt to make virtue of necessity. (What have we got? Snow, slush and ice. OK, let's celebrate that.)

It also takes a certain

amount of collective effort to ignore Quebec's much more famous Winter Carnival, third largest in the world, and in business since 1894. Even the name "Winterlude" suggests to me the dull in-between, something to do in the meantime.

This year, our humble winter shindig will also play out in the shadow of the 2010 Winter Olympics. While we can't hope to match that bloated corporate spectacle, we at least make a game effort with branded ceremonies like the American Express Win-

terlude Opening and \$3 cups of hot chocolate.

Winterlude's heart is in the right place. This year, the Red Cross will collect donations along the canal for victims of the Haiti earthquake, and the NCC is trying for a "carbon-neutral" festival by 2012, to that end cancelling the popular Snowbowl concert series, with its heated stage on the canal ice.

(The Sierra Club barely acknowledged this measure, instead concentrating on the whopping 12 million litres of water used to produce artificial snow for

the Snowflake Kingdom in Jacques Cartier Park, equivalent to an entire year's water usage for 55 homes.)

I'm not made of ice. The sight of families and couples gliding down the canal, not to mention the first-timers, some from ice-free countries, falling and laughing on their butts as they attempt this eccentric activity always makes me smile.

Winterlude is a mildly good time in mid-winter, and it's ours.

Steve Collins lives, writes and walks in Ottawa; ottawalatters@metronews.ca

Views

Questioning the magic at Herbal Magic

Marketplace

Erica
Johnson

metronews.ca/johnson

When Stacey Edgar wanted to drop about 50 pounds last year, she decided to try Herbal Magic. It's one of the biggest weight loss companies in Canada — with more than 300 stores coast to coast.

"When they're selling you, you're just concentrating on how awesome you're going to look, and how it's going to change your life," says Edgar. "And then they write all the numbers down, but they don't give you a

breakdown of the cost."

Herbal Magic clients sign a one-year contract with a base price of about \$1,000, which includes weekly weigh-ins, a low-cal diet and counselling. But the biggest cost to customers? Two mandatory herbal supplements, called WM-2000 and Chromagic — about an extra \$250 per month.

And how do those two supplements help? When we visited stores with hidden cameras, staff told us the supplements were important for weight loss.

So we asked Natural Standard in Boston — a leading research institute that assesses the science on the safety and efficacy of natural health products — to examine the ingredients and the claims. It determined,

when it comes to the mandatory supplements, there was insufficient evidence to make claims for weight loss.

We took our findings to Herbal Magic president Fraser Clarke and asked him what scientific evidence the company has to back up claims for those two mandatory supplements. "Each of our products contains ingredients that have clinical studies to support any claims that we make about those," he said.

But many of those studies don't directly relate to weight loss. Others had small sample sizes, poor control groups, included other ingredients in the study, or were only done on mice. A handful of studies showed potentially encour-

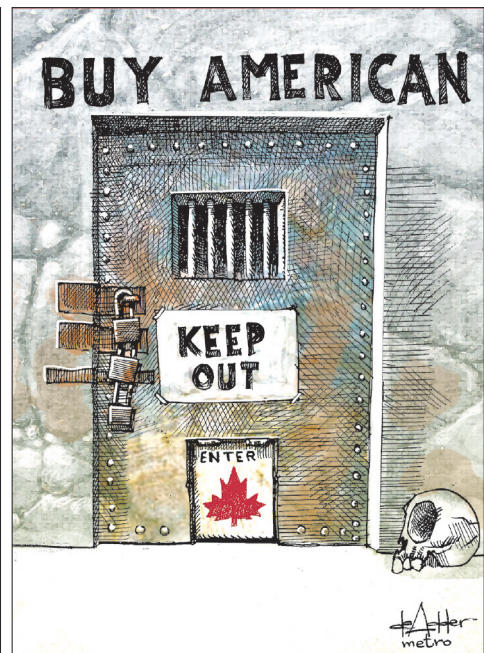
aging results for particular ingredients, but more study would be needed to draw any conclusions.

Obesity experts like Dr. Yoni Freedhoff say the diet industry should be regulated. "To have products that are being sold to people that don't have enough basis for efficacy ... I think should be illegal."

Meanwhile, Herbal Magic tells us it's phasing out those supplements we put under the microscope. New formulations will hit store shelves by fall.

To find out the real deal behind Herbal Magic, tune into CBC Television's Marketplace tonight at 8:30.

Erica Johnson is a co-host of CBC News Marketplace, which airs each Friday at 8:30 p.m. on CBC Television.



Tell us your views by email to ottawalatters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

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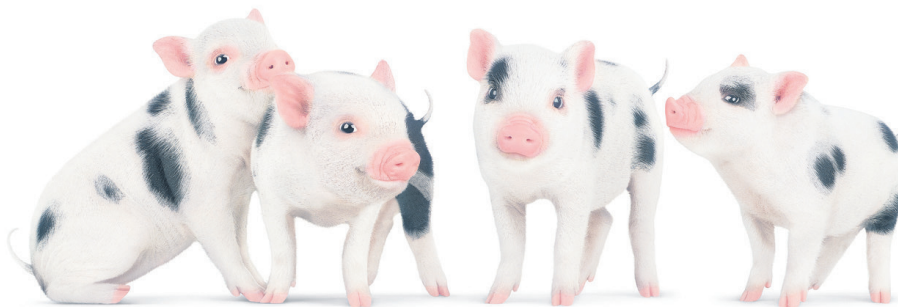
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New design for Heinz ketchup packs
Ketchup giant H.J. Heinz Co. is unveiling the first major packaging change to the standard
ketchup packet, which has been around for more than 40 years. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

No quick return to good ol' days: Carney

**Recovery from the global
recession is at hand, but
Canadian workers and
companies should not as-
sume a quick return to the
good old days, Bank of
Canada governor Mark
Carney is warning.**

The global recession has
dramatically changed the
way the world economy
will work, he said, and both
corporations and labour in
Canada will need to make
serious adjustments if they
want to flourish.

"The thaw is coming,"
Carney said in the text of a
speech to be delivered to
the Winnipeg Chamber of
Commerce Thursday.
"Canada is entering this pe-
riod of adjustment with
many strengths, but the ef-

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forts required of us will be
historic."

Carney is not convinced
Canada's private sector has
positioned itself to take ad-
vantage of the recovery.

While corporate balance
sheets are strong and finan-
cial conditions are improv-
ing, Canadian companies
did not invest strategically
in their operations during
the recession, so their tech-
nology is behind the times,

the central banker said.

Plus, the competitive po-
sition of the U.S. corporate
sector is stronger than ever,
Carney warned.

Canadian companies can
no longer rely on American
demand, but they can count
on stiffer U.S. competition
in global markets, he said.

"In short, Canadian com-
panies are emerging from
the recession to an altered
world — one that may re-
quire deeper restructuring
and bolder strategic initia-
tives than currently con-
templated."

Global growth will only
resume in fits and starts, he
said, and will be led by
emerging markets where
Canadians have few in-
roads. **THE CANADIAN PRESS**

Business in brief

TOYOTA Japan's top business
newspaper is reporting that
Toyota Motor Corp. will recall
270,000 Prius hybrid vehicles
over brake problems in the

United States and Japan.
Meanwhile, Toyota Canada
says it's aware of a "small
number" of reports of what
it calls inconsistent brake feel

in some of its 2010 Prius
hybrids, and Transport
Canada is investigating the
problem.

THE CANADIAN PRESS

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LaDainian Tomlinson says he believes he has played his last game as a San Diego Charger. The running back told The San Diego Union-Tribune on Thursday that he has thought for a while he would be let go by the Chargers. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

NFL union exec predicts lockout

NFL Players Association executive director DeMaurice Smith, right, says the chance of a lockout after next season is a "14" on a scale of 1-to-10. Painting a bleak labour outlook Thursday, Smith said the NFL would receive \$5 billion US from its network television deals even if no games are played in 2011. He regarded that as proof owners are preparing for a lockout. **THE ASSOCIATED PRESS**



Kovalchuk traded to Devils after rejecting \$100M offer

TRADE Ilya Kovalchuk has been traded to the New Jersey Devils, matching one of the Eastern Conference's top teams with one of the game's most dangerous snipers.

The Atlanta Thrashers felt forced to trade their captain after failing to resign him and received forward Niclas Bergfors, defenceman Johnny Oduya, prospect Patrice Cormier and a 2010 first-round pick from the Devils on Thursday night.

New Jersey also received defenceman Anssi Salmela in the deal and the teams swapped 2010 second-round draft picks.

The fourth sig-

Ilya Kovalchuk



nificant NHL deal in less than a week was arguably the biggest. Kovalchuk leads all NHLers with 328 goals since being drafted first overall by Atlanta in 2001.

The move came just hours after Thrashers GM Don Waddell released a statement saying the sides had reached an impasse on contract negotiations. He added that Kovalchuk turned down a \$101-million US, 12-year deal and a \$70-million, seven-year deal that would have made him the NHL's highest-paid player.

The move comes less than two weeks before Kovalchuk will play for Russia at the Vancouver Olympics.

THE ASSOCIATED PRESS

Sens, Spezza streakin'

NHL RESULT

Canucks 1 Senators 3



Milan Michalek had a goal and an assist and Jason Spezza extended his team-record goal-scoring streak to eight games as the Ottawa Senators won their 11th straight on Thursday, defeating the Vancouver Canucks 3-1.

Brian Elliott stopped 29 shots before a crowd of 18,803 at Scotiabank Place to break his own team mark with his ninth win in a row.

His teammates gave him some offensive support early on when Michalek beat surprise Canucks starter Andrew Raycroft on the power play just 94 seconds in.

Michalek then picked up an assist on Spezza's goal.

Chris Kelly added an empty-net goal late and Daniel Alfredsson record-



Ottawa's Jason Spezza celebrates teammate Milan Michalek's first period goal against the Canucks on Thursday.

ed three assists for the Senators (33-21-4), who halted a four-game slide against the Canucks dating back to March 13, 2004.

Kyle Wellwood scored a late power-play goal for the Canucks (34-20-2).

Spezza, who had a pair of goals in Ottawa's 4-2 win in Buffalo 24 hours earlier, has scored in all six games since returning

to the lineup after missing 20 with a knee injury.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for summaries of Thursday's NHL games

O'Rourke clinches playoff spot at Scotties

CURLING Canada's Jennifer Jones scored five in the fourth end en route to an 11-4 win over Nova Scotia's Nancy McConnery as Draw 16 came to a close at the Scotties Tournament of Hearts Thursday afternoon.

Canada's final placing in the standings will be determined following their game against Ontario's Krista McCarville in the final round robin draw later Thursday.

Both rinks are tied at 7-3. Kathy O'Rourke's P.E.I. rink (8-3) officially clinched a spot in Friday's page playoff game despite a 10-5 loss to B.C.'s Kelly Scott (6-4).

In other Draw 16 results, New Brunswick's Andrea Kelly beat Manitoba's Jill Thurston 9-6 and Alberta's Valerie Sweeting beat Northwest Territories/Yukon 9-7.

THE CANADIAN PRESS

Home-country advantage can make difference

For Canada's Winter Olympians the migration from the mountains of Europe and the Nordic trails of Scandinavia is almost complete.

No longer the visitors, they're making their way back to friendly territory.

In one week's time a generation of athletes born in the land of ice and snow will finally get their chance to play a home game and race over familiar



terrain with pride on the line.

Cross-country skier Chandra Crawford won't apologize

for feeling more than a little festive.

"As if having the Olympics here in Canada wasn't already an incredible opportunity," the 2006 gold medalist says from her native Canmore, Alberta. "The icing on the cake is having the last World Cup before the big Games here at home."

Crawford and her teammates have proven in the past they know what it takes to succeed in their own backyard. Balance and peace of mind go hand in hand with eating food you're used to and getting the rare

"Balance and peace of mind go hand in hand with eating food you're used to and getting the rare chance to sleep in your own bed."

chance to sleep in your own bed.

In cross-country skiing, Canadians are the underdogs — the exceptions to the rule being the big races that are occasionally staged in Alberta's Rocky Mountains or the trails of interior British Columbia. At the 1988 Olympic site in Canmore, and at Silver Star near Kelowna, the Canucks tend to fight for the podium and sometimes win.

Olympic medalists Beckie Scott, Sara Renner and Chandra Crawford are a testament to that. It's a history that fuels Crawford's optimism as she tunes up for Vancouver/Whistler 2010.

"It's making for amazing preparation," she says. "Nowhere do I feel more grounded and supported and able to ski my best than in the stadium where I first tried cross-country

skiing 25 years ago at the age of one."

The place where dreams begin is often the same place where they are realized. It's all about having the comfort to compete on your own terms.

"I find myself feeling that 'ready-to-fly' state of mind," Crawford explains. "It's thanks to all of the smiles and encouragement I get by just being here and knowing all of the volunteers by name."

It must be so satisfying to race when everyone knows and cares about you. Maybe it's the homecoming all Canadian athletes can count on at the most important time of their lives.

Gemini Award winner and author Scott Russell is the host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

Sports in brief

BASEBALL A person with knowledge of the negotiations tells The Associated Press that the Seattle Mariners and Ottawa left-hander Erik Bedard are getting close to a one-year contract, pending a physical. The former Baltimore Orioles ace has been rehabilitating from surgery in August to repair a torn labrum in his pitching shoulder.

HOCKEY Financially strapped owner Tom Hicks is exploring a possible sale of the Dallas Stars. The Hicks Sports Group said the NHL team has retained Galatioto Sports Partners to look for new investors and explore the idea of selling a majority stake in the Stars.

METRO NEWS SERVICES

SCOREBOARD

NHL THURSDAY'S RESULTS

OTTAWA 3 Vancouver 1
Montreal 3 Boston 2 (SO)
Minnesota 4 Edmonton 2
Columbus 2 Dallas 1
Nashville 5 Colorado 3
San Jose 4 St. Louis 2
Tampa Bay 5 N.Y. Islanders 2
Washington 6 N.Y. Rangers 5
Anaheim at Los Angeles

NBA

THURSDAY'S RESULTS
Cleveland 102 Miami 86
San Antonio at Portland

NFL

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Canadians want to see the ads not the game: Poll

More Canadians were interested in watching the Super Bowl ads this coming Sunday than the big game itself, according to a new poll. The Canadian Press Harris-Decima survey indicates 43 per cent of the people polled hope to see the high-priced commercials, even if they have no intention of watching the game itself. **THE CANADIAN PRESS**

sports 17

Super Bowl XLIV

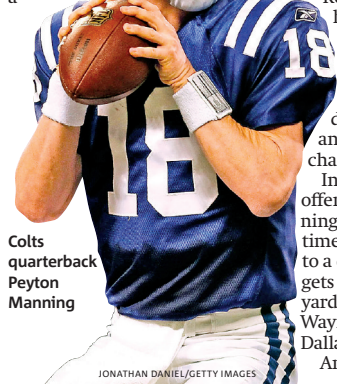
Offences expected to dominate Super Bowl

Two of NFL's best quarterbacks should put on a show

Fans of offence, rejoice!
The New Orleans Saints and Indianapolis Colts figure to pile on the points in Sunday's Super Bowl.

The Saints scored a league-high 510 points and ranked first in total offence. The Colts scored 416 and ranked ninth.

New Orleans (15-3) has the game's most accurate quarterback, Drew Brees, throwing to a



Colts quarterback Peyton Manning

SUPER BOWL PREVIEW

Colts vs. Saints



Sunday, Feb. 7
NEW ORLEANS (15-3) VS.
INDIANAPOLIS (16-2)
6:25 p.m., CBS, CTV

deep receiving corps led by 1,000-yard wideout Marques Colston. He has three dependable running backs, including the mercurial Reggie Bush. Both his tight ends, Jeremy Shockey and David Thomas, find holes in the middle of defences and move the chains.

Indianapolis (16-2) offers Peyton Manning, the only four-time MVP, throwing to a deep group of targets led by two 1,000-yard receivers: Reggie Wayne and tight end Dallas Clark.

And while the

Colts' D has been stingy in the playoffs and the Saints force lots of turnovers, this could be a matchup that wears out the scoreboard at Sun Life Stadium.

Indy, winner of the last Super Bowl here three years ago, is a five-point favourite.

"We have to be balanced and mix the run and the pass," Brees said. "We have to have a plan for their pass rush, because we know how they can rush the passer. Take care of the football, try to keep Peyton and that offence off the field as much as possible and take advantage of the opportunities when we get them."

Still, the key to the game will be Manning against a vulnerable New Orleans defence. And that's the difference.

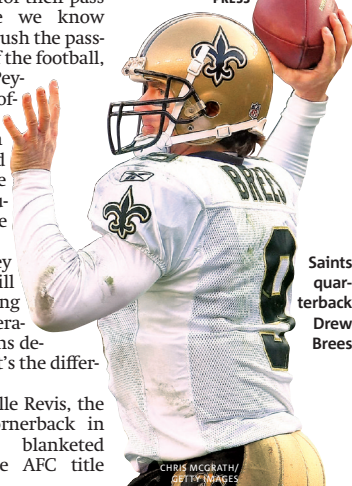
When Darrelle Revis, the best cover cornerback in the league, blanketed Wayne in the AFC title

game, Manning looked elsewhere. Youngsters Pierre Garcon and Austin Collie were unstoppable.

Bottom line: Manning may be playing the best football of his sensational career — certainly good enough to win the Colts' second NFL championship in four seasons.

Prediction: Colts, 37-27

THE ASSOCIATED PRESS



Saints quarterback Drew Brees

Individual matchups will play big part in game

NFL Here are some of the key matchups to watch for during the Super Bowl between the Indianapolis Colts and New Orleans Saints in Miami Sunday:

When the Colts have the ball

The Saints' chore on defence is obvious yet very complicated — stop Peyton Manning.

Manning has been marvellous again this season, winning an unprecedented fourth MVP award.

New Orleans must find a pass rush, and DE Will Smith was second in the NFC with 13 sacks. But the Saints have only one in the playoffs. DT Sedrick Ellis, DE Bobby McCray and line-backers Jon Vilma, Scott Fujita and Scott Shanle need to pressure Manning, or he will use a deep collection of receivers to pick apart the



Saints All-Pro safety Darren Sharper, right, will be tasked with trying to shutdown Colts tight end Dallas Clark Sunday.

Saints.

All-Pro tight end Dallas Clark versus another All-Pro, safety Darren Sharper, will be a juicy matchup. Clark had 100 receptions this season, and Sharper tied for the league lead with nine interceptions, running back three for scores. The ball-hawking Saints forced 39 turnovers.

When the Saints have the ball

New Orleans scored 510 points to lead the league and has 76 in two playoff games. The Saints have gotten everyone involved, with Drew Brees, the NFL's most accurate passer, throwing for six TDs while not being intercepted.

So DEs Robert Mathis and

All-Pro Dwight Freeney need to get in his face rapidly, but Freeney is plagued by ligament damage in his right ankle and his availability will be a game-time decision. If the Colts can't get a decent pass rush, Brees will find WRs Marques Colston, Devery Henderson, Robert Meachem, and Lance Moore, and TE's Jeremy Shockey and David Thomas. Shockey has been plagued by right knee problems.

Dynamic running back Reggie Bush often is a make-or-break proposition for New Orleans, and he's most dangerous in the passing game. Nose tackle Dan Muir and LBs Gary Brackett and Clint Session are the keys to slowing the running attack led by Pierre Thomas, Bush and Mike Bell.

Wacky Super Bowl bets

- The Super Bowl is one of the busiest days of the year in sports gambling. Here are some of the weirder bets available on bodog.com.
- What colour will the Gatorade be that is dumped on the head coach of the winning Super Bowl team?
- Who will the Super Bowl MVP of the game thank first?
- How many times will CBS show Kim Kardashian on TV during the game?



The Tooth Doctor

David J. Halpin, D.D.S.

Take These 5 Easy Steps To a Brighter, Healthier Smile!

Ever wonder why some people possess beautiful smiles while others try but can never achieve the same result? **Believe it or not, the secrets to a great smile are often simple steps that just about anyone can take. Here are 5 steps that can lead you to a brighter, better, healthier smile.**

1: Take a little extra time to give your teeth the care they deserve. It takes 2 to 3 minutes to adequately brush your teeth, but most people spend less than a minute brushing. Millions of bacteria live, work and play in our mouths. They feed on food left on our teeth after we eat, producing acid which destroys enamel, creating cavities. Proper brushing for 2 to 3 minutes can remove bacteria (so they can no longer make acid) from all tooth surfaces.

2: Do a little flossing. It just might save your teeth. It all has to do with bacteria again. These crafty little critters like to hide between your teeth where the toothbrush can't reach them. They continue to feed on food particles and create cavity causing acid. If allowed to remain between the teeth for a long time, these bacteria can invade and destroy gum tissue and the bone which supports the teeth. Daily flossing removes these bacteria from between your teeth so they can no longer cause problems.

3: Many foods (other than candy) that contain sugars and/or carbohydrates including fruits, peanut butter,

potato chips, crackers and raisins that stick to the teeth provide a constant source of energy for bacteria. **Try washing such foods down with liquids to ensure that less food remains on your teeth.** Sugarless gum can also help because it stimulates your saliva which acts as a natural plaque fighting substance.

4: Don't brush your teeth too hard. As many as 2 out of 3 people damage their own teeth and gums by brushing too hard. Use a soft bristle brush with a CDA accepted fluoride toothpaste. It takes very little pressure to remove bacteria, food and plaque. Brushing too hard can lead to receding gums, sensitive teeth, root cavities and notched teeth. If you suspect you may be brushing too vigorously ask your dentist or hygienist to show you how to brush safely to prevent tooth and gum damage.

5: Reduce your dependency on coffee and tea. These beverages stain teeth destroying your naturally white smile.

What's more, coffee and tea can cause small fractures in your teeth called crazes which can occur when teeth are forced to expand and contract as a result of being exposed to hot liquids. These hot and cold cycles occur when you drink coffee or tea and over a prolonged period will result in crazes in the teeth.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.



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Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

'We're not going there to get silver'

Men's hockey team expecting gold

Steve Yzerman will be thinking it. Every player in the dressing room will be thinking it. Many Canadian hockey fans will be thinking it, too.

Only gold will do for Team Canada at the Vancouver Olympics. And nobody is making any apologies for it.

Never mind Russia is currently the top-ranked country in men's hockey or that Canadian NHL players have two Olympic disappointments to go with their golden moment in 2002. Forget recent failures at the IIHF World Hockey Championship or the fact that no men's team has won Olympic gold on home soil in three decades.

"You've got to set your

sights as high as possible," said veteran defenceman Chris Pronger, about to compete in his fourth Olympics. "We're not going there to get silver. Our goal is not to get a bronze or qualify for a medal. It's to win gold ... I don't think there's one guy if you ask if they think we can win gold, they're going to say, 'Uh, geez, I don't know.'"

If it sounds audacious, that's because it is.

The game's borders have been open for decades and top players from Russia, Sweden, Finland, the U.S. and several other countries have proven themselves to be just as good or better than many Canadians.

The host country may boast more depth than any

other team, but that doesn't assure a medal of any colour at one of the most-anticipated hockey tournaments in history, let alone gold.

Yzerman, the team's executive director, and his management team of Ken Holland, Kevin Lowe and Doug Armstrong spent 14 months traversing North America before selecting the 23 men who will wear the Maple Leaf.

Yzerman made a bold statement with his selections, choosing a team that features 15 Olympic rookies and 12 players that are 25 or younger. It represents both a departure from the veteran squad that flopped to a seventh-place finish in Turin four years ago and a passing of the torch to a

6 Since NHL players started participating in the Olympics six different countries have played in the final: The Czechs and Russians in 1998; Canada and the U.S. in 2002; and Sweden and Finland in 2006. Slovakia could also find itself in the mix this time.

new generation of Canadian players led by Sidney Crosby.

"We didn't specifically go to a younger group or anything, that's just how our roster unfolded," said Yzerman. "We've got a great group of young Canadian stars and at the end of the day, we just felt like a lot of these guys have overtaken some of our veteran guys and were more suitable to be on this team."

THE CANADIAN PRESS



Team Canada men's Olympic hockey executive director Steve Yzerman is facing high expectations for his team.



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19

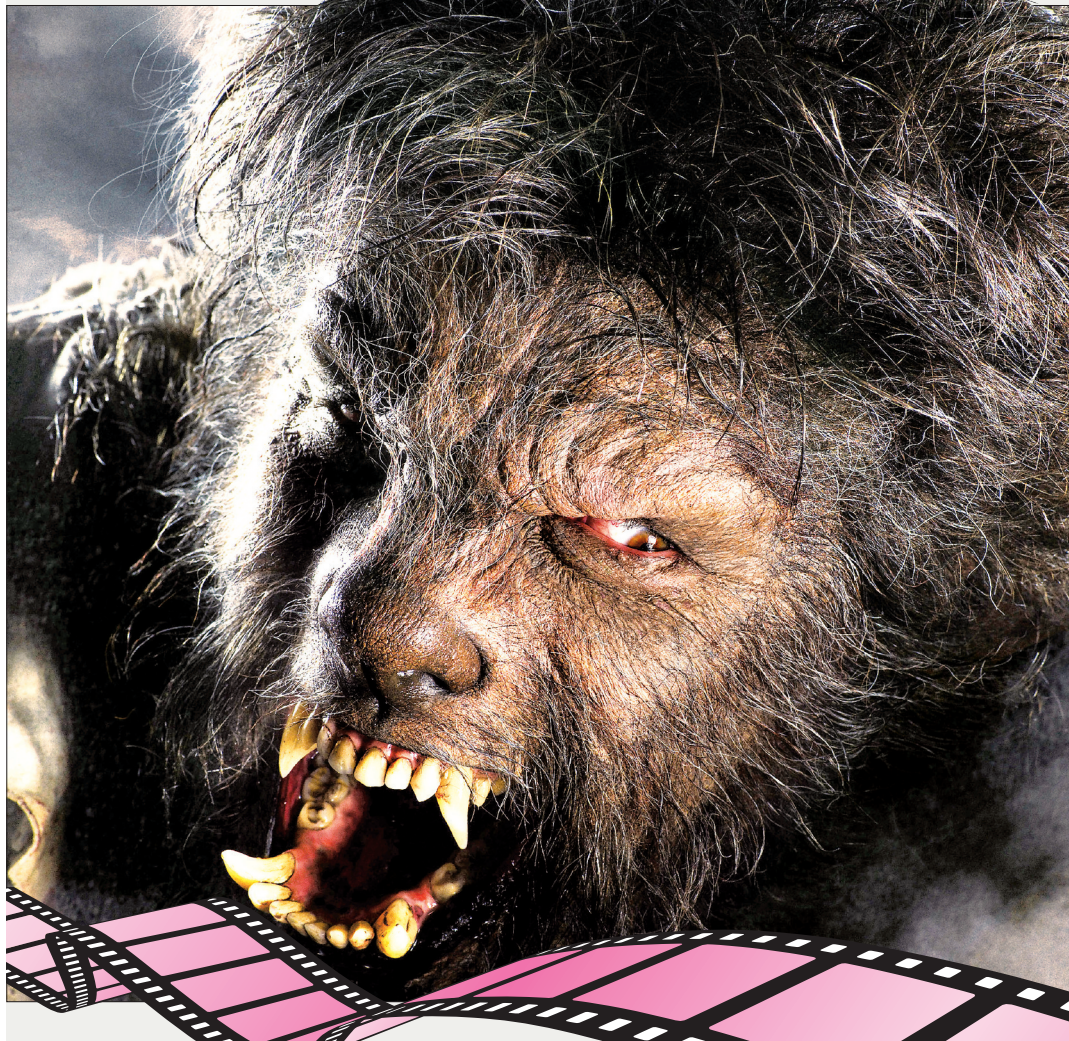
Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Grrrrrrr!

Pg 20



Metro takes a look back at where the legend came from heading up to the release of Benicio Del Toro's *The Wolfman*

Movies

Pg 20



Nicholas Sparks' *Dear John* is a crying shame.

Music

Pg 25



Electro-pop outfit Hot Chip takes club scene by storm.

Television

Pg 26



Catherine O'Hara gets emotional over new drama.

"A THRILL RIDE!"

Mark S. Allen, CBS-TV

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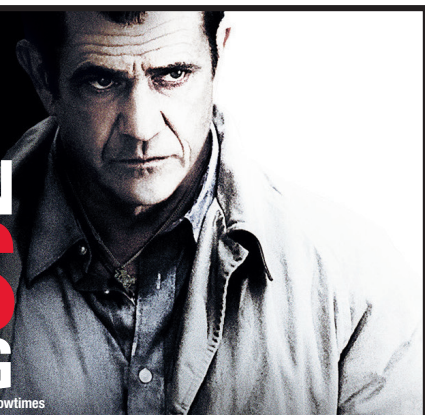
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Movies

MOVIES EDITOR: KUMAR.SAHA@METRONews.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

The beast rises again

Don't bark at New Moon, The Wolfman's here

CHRIS ALEXANDER
for Metro Canada

In the annals of monster-dom, the werewolf is perhaps the most misunderstood. Steeped in myth, he is really just the Freudian "id" with fangs, let loose to wreak animalistic, moon-fuelled havoc.

But when it comes to cinema, the werewolf's initial incarnation wasn't entirely literal. Writer Robert Louis Stevenson first explored the themes of primal duality with his famous 1866 novella *The Strange Case of Dr. Jekyll and Mr. Hyde*, and the silent 1920 film version with John Barrymore made it flesh.



The Wolfman follows in the footsteps of classics such as *An American Werewolf in London*.

The Wolfman opens next Friday

"I always loved the ferocity of that story, the unchained animal hiding within, ready to erupt," says Tony Timponi, longtime editor of legendary horror magazine *Fangoria*.

In 1941, Universal Pictures unleashed the origi-

nal *The Wolf Man* starring Lon Chaney Jr. as a young man cursed with wolf-ism by a vengeful gypsy and whose unfortunate reign of terror could only be brought down by a silver bullet.

In 1981, with the advent of prosthetic special effects, John Landis' *An*

On the web

For movie trailers, screen times, photos — and to buy tickets — visit metronews.ca/movies

American *Werewolf in London* and Joe Dante's *The Howling* offered cheeky, bloody, sexual riffs on the legend.

But if the shirtless beefcake beasts of last year's blockbuster *Twilight* sequel *New Moon* make you long for these more feral fiends of yore, take heart: Joe Johnson's hirsute horror-show *The Wolfman* is both a tribute to the melancholy Universal original and the gory, effects-soaked spectacles of the 1980's (American *Werewolf* FX guru Rick Baker even created the transformation scenes).

Ticket to hankie heaven

Dear John

Director: Lasse Hallstrom

Stars: Channing Tatum,

Amanda Seyfried

Classification: PG

Rating: ●●●

PHIL BROWN
for Metro Canada

REVIEW Dear John is the latest romantic weepy adapted from a novel by Nicholas Sparks (*A Walk to Remember*, *The Notebook*). Like all previous movies to spring from his sentimental pen, *Dear John* doesn't take place in the reality.

If you like watching pretty actors moan around and pine for each other with virginal purity and no emotional complexity, then this movie is for you. It's the cinematic equivalent of a Hallmark card.

The film follows two 20-somethings named John and Savannah who embark on a two-week summer love affair. He's an

army lad on leave with a mildly autistic father and she's a sensitive college student with an interest in mental illness. In short, they are made (or written) for each other and their relationship blooms through snail mail as John serves in the army. John's plan to come home is interrupted by 9/11 and he re-enlists, but she can't wait any longer.

This leads to heartbreak until it turns out the Savannah falls for the one man who John can accept because he suffers from cancer and therefore wins audience sympathy by default.

With long passages dedicated to war torn lovers, autism, cancer, and September 11, it's like getting four melodramas for the price of one.

That's a real bargain that will either take you to hankie heaven or send you running from the theatre.

For a trailer of *Dear John*, photos and screen times, visit metronews.ca/movies

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Reel Time

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR



John Travolta stars in From Paris With Love.

From Paris with mess

From Paris with Love

Director: Pierre Morel

Stars: John Travolta, Jonathan Rhys Meyers

Classification: 14A

Rating: ●●●

PHIL BROWN
for Metro Canada

REVIEW From Paris with Love sees action guru Luc Besson (Leon: The Professional) reunite with Pierre Morel in an attempt to repeat the surprise success that they had with last year's Taken.

This time the producer/director team have embraced a lighter tone by pairing two Johns (Travolta and Rhys Meyers) in an action buddy comedy set in Paris.

On paper the film sounds like it could be a fun explosion and one-liner packed romp, but sadly it doesn't live up to those expectations. There's a resounding sense that we've seen it all before and the two lead actors are distractingly miscast.

Jonathan Rhys Meyers plays an uptight go-getter trying to worm his way into the CIA who is assigned to escorting John Travolta's experienced special agent through a bullet-filled trip to Paris.

Rhys Meyers insists on doing everything by the book, but Travolta just can't play by the rules. Sound familiar? It is. The only difference is that in this rendition of the well-worn tale, Travolta seems to be playing a gangster complete with a shaved head, bling, and slang that the actor and writers don't seem to understand.

The action is fast, furious, and entertaining, but without characters worth caring about it amounts to little more than loud noises.

There is fun to be had watching all the big budget shenanigans, but it can be hard to sit through the tired "snappy" dialogue scenes between the shootouts.

Romance written in the stars

Director gathers huge A-list cast for Valentine's

NED EHRBAR
Metro World News

To wrangle an all-star cast as large as the one in Valentine's Day, it takes a very particular director, and TV and film veteran Garry Marshall was just the man for the job.

The king of the romantic comedy, with films like Pretty Woman, Runaway Bride, Frankie & Johnny and Overboard under his belt, the 75-year-old writer, director and merry prankster knew just what the trick for getting the most impressive cast of big-name actors possible.

"I always like to shoot in L.A., because in that case you usually pick up the mothers," Marshall says,

grinning. "We get a list of those people, we know they might be around. I was glad to see Julia Roberts, because she was about to take her family to India, so I said, 'Why don't you stay in the neighbourhood for a few days here? We'll do a picture.'"

Re-teaming with Roberts was a particular treat. "Julia's just so calm now and centred and together," Marshall says of his leading lady. "I went from when she was a kid to 'I'm engaged!' and to a mom of three great kids."

But it wasn't just a re-



Patrick Dempsey and Jennifer Garner get cosy in Valentine's Day.

Valentine's Day opens next Friday

union for director and actress. "Some of the crew I had on Valentine's Day was the same crew I had on Pretty Woman, so she was happy to see everybody," Marshall.

Marshall was also excit-

ed to work with Ashton Kutcher. "I said to Ashton, 'You know, I can make you charming. I know you like to play pranks and jump around. But you're very charming when you're just talking, me and you.'"

But Marshall, himself a fan of a good practical joke, got caught up in Kutcher's Punk'd spirit.

"In the opening scene, when he wakes up Jessica Alba, we had a ski mask on him," Marshall recalls. Soon enough, the director was playing pranks on other members of the cast.

"When Taylor Lautner opens this box, this lovely gift, Taylor Swift had slipped in a picture of herself autographed to him," he says.

Before his successful film career, Marshall was already a titan in television, having created such classic sitcoms as Happy Days, Laverne & Shirley and The Odd Couple. He's glad to see TV comedy making a resurgence.

"They kept saying sitcoms were dead in the '60s. Suddenly in the '70s everybody had a sitcom," he remembers.

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Kristen Bell

Josh Duhamel

Will Arnett Jon Heder Dax Shepard with Danny DeVito and Anjelica Huston

when IN ROME

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"THE CHRISTOPHER YOUNG
HUSTON ANDY FARRELL STEVEN ROFFER EZRA SIVERLOW ***IN THEATERS FEBRUARY 12TH 2010***
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STARTS TODAY! Check Theatre Directory or www.alliancefilms.com for Locations & Showtimes.

Screen Times

THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 5 TO THURS., FEB. 11. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Antichrist (R) Fri-Sat 9:10 Sun 8:30 Mon 4:30 Tue 9
Bright Star (PG) Sat 2:25
Broken Embraces (14A) Tue 4:10 Wed 9:10 Thu 6:30
Brothers (14A) Fri 4:45
An Education (PG) Fri-Sat 7 Sun 1:30-6:20 Mon-Tue 6:50 Wed 4:45 Thu 9:10
Good Hair (PG) Sat 4:55
A Serious Man (14A) Wed 6:55 Thu 4:15
Vertigo (PG) Sun 3:40 Mon 9

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

The Adjuster (STC) Sat 9
Crackie (STC) Sat 7
No Films Showing Today (STC) Fri Mon-Thu
Passenger Side (STC) Sun 9
The Wild Hunt (STC) Sun 7

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

Classic Animal Tracks, Volume 2 (STC) Sat-Sun 9:30-10:30-11
No Films Showing Today (STC) Mon-Wed
Oceans (STC) Fri 3 Sat-Sun 11:30-3:30-7
6 Fri 10 Sat-Sun 2:30-7

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

Alvin and the Chipmunks: The Squeakquel (G) Fri 3:45
Avatar 3D (STC) Fri-Sun 12:50-2:40-6:20-8:10-10 Mon-Thu 4:30-6:20-8:10-10
The Book of Eli (14A) Fri-Sun 1:30-4:40-7:30-10:15 Mon-Tue 4:40-7:30-10:15 Wed 3:35-10:15 Thu 4:40-7:30-10:15
Dear John (PG) Fri-Sun 12:40-3:30-7:10-9:55 Mon-Thu 3:30-7:10-9:55
Edge of Darkness (14A) Fri-Sun 2:10-4:50-7:40-10:20 Mon-Thu 4:20-7:10-9:45
From Paris With Love (14A) Fri-Sun 1:20-4:20-7:20-9:45 Mon-Thu 4:20-7:20-9:45
Legion (14A) Fri 1:50-5:7-7:35-10:10 Sat 5:7-7:35-10:10 Sun 1:50-5:7-7:35-10:10 Mon-Thu 5:7-7:35-10:10
The Lovely Bones (PG) Fri 12:30-6:35-9:40 Sat 6:35-9:40 Sun 12:30-6:35-9:40 Mon-Thu 6:35-9:40
The Metropolitan Opera: Simon Boccanegra (STC) Sat 1
Sherlock Holmes (PG) Fri 12:45-3:50-6:50-9:50 Sat 12:45-3:50-6:50-9:50 Mon-Thu 3:50-6:50-9:50
Tooth Fairy (G) Fri-Sun 1:30-6:30-9:10 Mon-Thu 1:30-6:30-9:10 Star & Strollers Screening Thu 1
Up in the Air (14A) Fri 1:10-4:40-6:40-9:20 Sat 1:10-4:40-9:20 Sun 1:10-4:40-9:20 Mon-Thu 4:40-9:20
When in Rome (PG) Fri-Sun 1:40-4:10-7:30 Mon-Thu 4:10-7:30-9:30 Star & Strollers Screening Thu 1

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Crazy Heart (14A) Fri 3:50-6:50-9:35 Sat-Sun 12:50-3:50-6:50-9:35 Mon-Thu 3:50-6:50-9:35
It's Complicated (14A) Fri 4:30-6:40-9:30 Sat-Sun 12:40-3:40-6:40-9:30 Mon-Tue 4:30-6:40-9:30 Wed 3:40-6:40-9:30 Thu 4:30-6:40-9:30
Precious: Based on the Novel "Push" by Sapphire (14A) Fri 4:7-9:40 Sat-Sun 1:4-7:40 Mon-Thu 4:7-9:40
Sherlock Holmes (PG) Fri 3:30-6:30-9:25 Sat-Sun 12:30-3:30-6:30-9:25 Mon-Thu 3:30-6:30-9:25 Wed 3:30-9:25 Thu 3:30-6:30-9:25



Mel Gibson plays a detective trying to solve his daughter's murder in Edge of Darkness.

A Single Man (PG) Fri 4:20-7:20-9:50 Sat-Sun 1:20-4:20-7:20-9:50 Mon-Thu 4:20-7:20-9:50
Up in the Air (14A) Fri 4:10-7:10-9:45 Sat-Sun 1:10-4:10-7:10-9:45 Mon-Thu 4:10-7:10-9:45
When in Rome (PG) Fri 4:30-7:30-9:55 Sat-Sun 1:30-4:30-7:30-9:55 Mon-Thu 4:30-7:30-9:55

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Black Caesar (STC) Sat 11:20
Brothers (14A) Fri 7 Sun 7 Tue 7
Frozen (STC) Fri 9:15 Sat 9:20 Wed-Thu 9:20
Genius Within: The Inner Life of Glenn Gould (STC) Wed-Thu 7
The Magnificent Seven (STC) Sat-Sun 4:30
Planet 51 (PG) Sat-Sun 2:30
The Road (14A) Sat 7 Sun-Tue 9:15
Street Trash (STC) Fri 11:15

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

The Blind Side (PG) Sat 2
No Films Showing Today (STC) Fri-Sun-Thu

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

The Blind Side (PG) Fri-Thu 10:35-1:05-4:40-9:15
Creation (PG) Fri-Thu 10:20-3:10-7:20
An Education (PG) Fri-Wed 1:50-9:30 Thu 5:20-9:30 Thu 1
Extraordinary Measures (PG) Fri-Thu 2:30-9
The Imaginarium of Doctor Parnassus (PG) Fri-Thu 4:10-9:20
Invictus (PG) Fri-Thu 9:50-6:30-9:10
Old Dogs (G) Fri-Thu 10:10-12:10-4:50-7
Planet 51 (PG) Fri-Thu 12:20-2:20-4:30
The Twilight Saga: New Moon (PG) Fri-Thu 10:25-1:15-6:45

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

Dear John (PG) Fri 4:10-6:45-9:15 Sat-Sun 1:30-4:10-6:45-9:15 Mon-Thu 4:10-6:45-9:15
Edge of Darkness (14A) No Passes Fri 4:30-7:30 No Passes Sat-Sun 1:45-4:30-7:30 Mon-Thu 4:30-7:30
From Paris With Love (14A) Fri 4:20-7:15-9:45 Sat-Sun 1:15-4:20-7:15-9:45 Mon-Thu 4:20-7:15-9:45

SOUTH KEYS
2214 Bank St., 613-736-1115

Alvin and the Chipmunks: The Squeakquel (G) Fri 10:50-1:20-3:40-6:40-9:10 Sat 10:50-1:20-3:40-9:10 Sun 10:50-1:20-3:40-6:40-9:10
Avatar 3D (STC) Fri-Sat 10:55-2:6-9:40 Sun 10:55-2:6-9:30 Mon-Thu 10:55-2:6-9:40
The Book of Eli (14A) Fri 10:20-1:10-3:55-6:50-9:35 Sat 10:20-1:10-6:50-9:35 Sun 10:20-1:10-3:55-6:50-9:35
Dear John (PG) Fri-Thu 10:45-1:40-4:20-7:15-10-9:45
Edge of Darkness (14A) Fri-Thu 10:10-1:05-4:7-9:45
From Paris With Love (14A) Fri-Thu 11:30-4:25-7:20-9:55
Leap Year (PG) Fri-Thu 12:30-6:45
Legion (14A) Fri 10:40-1:25-4:05-7:30-9:50 Sat 4:05-7:30-9:50 Sun 10:40-1:25-4:05-7:30-9:50
The Lovely Bones (PG) Fri-Thu 9:30-10:20-1:10-3:55-6:50-9:35
The Metropolitan Opera: Simon Boccanegra (STC) Sat 1
Race Across the Sky (STC) Sun 1
Sherlock Holmes (PG) Fri-Sat 10:25-1:15-4:10-7:10-10:05 Mon-Thu 10:25-1:15-4:10-7:10-10:05
Tooth Fairy (G) Fri-Thu 10:30-12:55-3:60-9:30
Up in the Air (14A) Fri 10:35-1:45-4:15-6:55-9:30 Sat 4:15-6:55-9:30 Sun 10:35-1:45-4:15-6:55-9:30

When in Rome (PG) Fri-Sat 10:55-1:35-4:35-7:05-9:25 Sun 10:30-1:35-4:35-7:05-9:35 Mon-Thu 10:55-1:35-4:35-7:05-9:25

GATINEAU
CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Closed for Renovations (STC) Fri-Thu

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Antichrist (R) Tue 1:30 Wed-Thu 7
Avatar 3D (STC) Fri-Sun 12:40-4:7-7:30 Mon 7:30 Tue 12:40-4:7-7:30 Wed-Thu 7:30
Edge of Darkness (14A) Fri-Sun 12:50-3:20-6:50-9:20 Mon 6:50 Tue 12:50-3:20-6:50-9:20 Wed-Thu 6:50-9:20
From Paris With Love (14A) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30
Legion (14A) Fri-Sun 1:30-7:10-9:30 Mon 7 Tue 7:10 Wed-Thu 9:10

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

2012 (G) Fri-Mon 3:30-8 Tue-Thu 1:30-4:15-8:30
Fantastique maître Renard (G) Fri-Mon 12:13-35-5:20 Tue-Thu 12:7
Haut dans les airs (G) Fri-Mon 5:30-7:25-9:20 Tue-Thu 1:40-3:40-7:20-9:15
Il pleut des hamburgers (G) Fri-Mon 12
Le livre d'Élie (13+) Fri-Mon 3:05-7:9-15 Tue-Thu 12:2-15-4:30-6:45-9
Noémie: Le secret (STC) Fri-Mon 12:1-50-3:40 Tue-Thu 12:6-20
Planète 51 (G) Fri-Mon 12:1-45-3:55-6:15 Tue-Thu 12:35-35
La Saga Twilight: Tentation (G) Fri-Mon 1:35-5:40-8 Tue-Thu 1:50-4:05-8:15

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

Listings not available at press time.

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Alvin et les Chipmunks: La suite (G) Fri 7-9 Sat-Sun 1:10-3:25-7 Mon 7-9 Tue 1:10-3:25-7-9 Wed 7-9 Thu 9
Avatar (G) Fri 8 Sat-Sun 12:30-4:10-8 Mon 8 Tue 12:30-4:10-8 Wed-Thu 8
Bons Baisers de Paris (STC) Fri 7:20-9:40 Sat-Sun 12:20-3:10-7:20-9:40 Mon 7:20-9:40 Tue 12:20-3:10-7:20-9:40 Wed-Thu 7:20-9:40
C'était à Rome (G) Fri 7:05-9:10 Sat-Sun 1:15-3:45-7:05-9:10 Mon 7:05-9:10 Tue 1:15-3:45-7:05-9:10 Wed-Thu 7:05-9:10
Cher John (STC) Fri 6:50-9:30 Sat-Sun 1:30-6:50-9:30 Mon 6:50-9:30 Tue 1:30-6:50-9:30 Wed-Thu 6:50-9:30
La frontière des ténébres (13+) Fri 6:30-9:05 Sat-Sun 12:10-3:40-6:30-9:05 Mon 6:30-9:05 Tue 12:10-3:40-6:30-9:05 Wed-Thu 6:30-9:05
La fée des dents (G) Fri 7:15-9:35 Sat-Sun 12:50-3:30-7:15-9:35 Mon 7:15-9:35 Tue 12:50-3:30-7:15-9:35 Wed-Thu 7:15-9:35
Lucky Luke (G) Fri-Sat 6:20 Sun 12:6-20 Mon 6:20 Tue 12:6-20 Wed-Thu 6:20
Les Sept Jours du Talion (STC) Fri 6:45-9:20 Sat-Sun 12:40-3:20-6:45-9:20 Mon 6:45-9:20 Tue 12:40-3:20-6:45-9:20 Wed-Thu 6:45-9:20

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Alvin et les Chipmunks: La suite (G) Fri-Thu 12:55-3:40
Avatar (G) Fri-Thu 12:05-3:25-6:45-10:05
Avatar 3D (G) Fri-Thu 12:30-6:40-10
The Book of Eli (13+) Fri-Thu 1:15-3:55-7:35
Cher John (STC) Fri-Thu 12:10-2:45-6:35-9:20
Dear John (G) Fri-Thu 12:50-7:30-10:10
Edge of Darkness (13+) Fri-Thu 12:30-3:15-7:15-9:50
Extraordinary Measures (G) Fri-Thu 7:25-9:15
From Paris With Love (13+) Fri-Thu 1:20-4:15-6:50-9:40
La fée des dents (G) Fri-Thu 12:50-4:6-20-9:40
It's Complicated (G) Fri-Thu 12:25-3:05-6:25-9:05
Leap Year (G) Fri-Thu 12:40-3:45-7:05-9:25
Millénium 2 (STC) Fri-Thu 12:15-3:10-6:15-9:10
Les Sept Jours du Talion (STC) Fri-Thu 12:35-3:30-6:55-9:30
Sherlock Holmes (G) Fri-Thu 12:30-3:25-7:10-9:55 Fri-Thu 12:45-4:05-7:20-9:45
Up in the Air (G) Fri-Thu 1:10-4:10-6:30-9:15

BARRHAVEN
BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

Alvin and the Chipmunks: The Squeakquel (G) Fri 6:40 Sat-Sun 12:40-6:40 Mon-Thu 5:10
Avatar 3D (STC) Fri 8:30 Sat-Sun 12:30-4:30-8:30 Mon-Thu 5:40
The Book of Eli (14A) Fri 7:10-10 Sat 4:10-7:10-10 Sun 1:20-4:10-7:10 Mon-Thu 5:40-8:50
Dear John (PG) Fri 6:50-9:50 Sat-Sun 1:10-4:6:50-9:50 Mon-Thu 5:20-8 Star & Strollers Screening Thu 1
Edge of Darkness (14A) Fri 7:20-10:10 Sat-Sun 1:30-4:20-7:20-10:10 Mon-Thu 5:30-8:20
Legion (14A) Fri-Sat 9:40 Sun 3:40-9:40 Mon-Thu 7:50
The Metropolitan Opera: Simon Boccanegra (STC) Sat 1
Tooth Fairy (G) Fri 6:30-9:20 Sat-Sun 1:30-6:30-9:20 Mon-Thu 6:30-9:20
When in Rome (PG) Fri 7:30 Sat-Sun 12:50-3:50-7:30 Mon-Thu 5:50-8:10 Star & Strollers Screening Thu 1

GLOUCESTER
SILVERCITY
2385 City Park Dr., 613-688-8800

Alvin and the Chipmunks: The Squeakquel (G) Fri 12:05-2:20-4:30-6:40 Sat 11:35-1:45-6:40 Sun-Tue 12:05-2:20-4:30-6:40 Wed 12:05-2:20-4:30 Thu 12:05-2:20-4:30-6:40
Avatar 3D (STC) Fri-Thu 12:10-3:40-4:50-8-9:30
Avatar: An IMAX 3D Experience (STC) Fri 11:30-3:15-7:10-10:40 Sat 10:30-5:8-30-11:50 Sun 11:30-3:15-7:10-10:40
The Book of Eli (14A) Fri 12:45-3:45-6:45-9:45 Sat 10:45-1:40-3:40-7:40-10:35 Sun 3:45-6:45-9:45 Mon-Thu 12:45-3:45-6:45-9:45
Crazy Heart (14A) Fri 12:30-3:40-6:50-9:40 Sat 12:50-3:40-6:50-9:40 Sun 12:30-3:40-6:50-9:40 Wed 3:40-6:50-9:40 Thu 12:30-3:40-6:50-9:40 Star & Strollers Screening Wed 1
Dear John (PG) Fri 12:12-3:10-4:10-6:30-7:30-9:25-10:25 Wed 12:3-10:4-10-6:30-7:30-9:25-10:25 Thu 12:3-10:4-10-6:30-7:30-9:25-10:25 Star & Strollers Screening Wed 1
Edge of Darkness (14A) Fri 12:20-4:20-7:15-10:10
From Paris With Love (14A) Fri 12:20-2:50-5:20-7:50-10:20 Sat 10:30-1:05-3:35-6:05-8:30-10:50 Sun-Thu 12:20-2:50-5:20-7:50-10:20
It's Complicated (14A) Fri-Thu 12:35-3:30-6:25-9:15
Leap Year (PG) Fri-Thu 8:50
Legion (14A) Fri 1:15-3:50-6:20-9 Sat 7:35-10:05 Sun-Thu 1:15-3:50-6:20-9
The Metropolitan Opera: Simon Boccanegra (STC) Sat 1
Race Across the Sky (STC) Sun 1
Sherlock Holmes (PG) Fri 11:45-3:6-15-9:10 Sat 10:10-1:10-4:05-7:9-9:55 Sun-Thu 11:45-3:6-15-9:10

Tooth Fairy (G) Fri 12:25-2:35-4:50-7:10-9:20 Sat 10:05-12:30-2:40-4:55-7:15-9:25 Sun-Thu 12:25-2:35-4:50-7:10-9:20
Up in the Air (14A) Fri 1:25-4:15-7:20-10 Sat 10:15-4:15-7:20-10 Sun-Thu 1:25-4:15-7:20-10
When in Rome (PG) Fri 11:40-2:15-4:45-7:25-9:50 Sat 11:15-2:35-4:50-7:10-10:55 Sun-Thu 11:40-2:15-4:45-7:25-9:50

ORLEANS
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250 Centrum Blvd., 613-834-0666

KANATA
KANATA 24
801 Earl Grey Dr., 613-599-1200

Alvin and the Chipmunks: The Squeakquel (G) SDOS Digital Fri-Sun 11:40-2:15-4:30-7:40-10:15 SDOS Digital Mon-Thu 2:15-4:30-7:40-10:15
Avatar (STC) SDOS Digital Fri-Sun 11:20-3:15-7:10-10:30 SDOS Digital Mon-Thu 3:15-7:10-10:30
Avatar 3D (STC) Digital, SDOS Digital, Special Engagement Fri-Sun 10:50-2:45-6:30-10 Digital, SDOS Digital, Special Engagement Mon-Thu 2:45-6:30-10
The Blind Side (PG) SDOS Digital Fri-Sun 10:55-1:45-4:40-7:35-10:25 SDOS Digital Mon-Thu 4:40-7:35-10:25
The Book of Eli (14A) SDOS Digital Fri-Sun 11:05-1:05-4:35-7:35-10:20 SDOS Digital Mon-Thu 4:35-7:35-10:20
Dear John (PG) SDOS Digital, Special Engagement Fri-Sun 10:50-11:45-12:15-1:20-2:50-4:20-4:50-5:20-6:55-7:25-7:55-9:30-10:10-10:30 SDOS Digital, Special Engagement Mon-Thu 2:20-2:50-4:20-4:50-5:20-6:55-7:25-7:55-9:30-10:10-10:30
Edge of Darkness (14A) SDOS Digital, Special Engagement Fri-Sun 10:45-1:30-4:15-7:50 SDOS Digital Mon-Wed 2:45-1:45-4:45-7:30-9:50-10:30 SDOS Digital Thu 2:45-1:45-4:45-7:30-9:50 SDOS Digital, Special Engagement Fri-Sun 10:45-1:30-4:15-7:50 SDOS Digital Mon-Thu 2:45-1:45-4:45-7:30-9:50-10:30 SDOS Digital Mon-Thu 4:15-7:50
An Education (PG) SDOS Digital Fri-Sun 11:50-2:30-4:55-7:20-9:55 SDOS Digital Mon-Thu 2:30-4:55-7:20-9:55
From Paris With Love (14A) SDOS Digital, Special Engagement Fri-Sun 10:30-11:35-12:50-2:15-3:40-4:45-7:30-9:50-10:15 SDOS Digital, Special Engagement Mon-Thu 2:15-3:40-4:45-7:30-9:50-10:15
Invictus (PG) SDOS Digital Fri-Sun 12:55-4:10-7:10-10:10 SDOS Digital Mon-Wed 4:10-7:10-10:10 SDOS Digital Thu 4:10
It's Complicated (14A) SDOS Digital Fri-Sun 10:40-1:35-4:35-7:25-10:15 SDOS Digital Mon-Thu 4:35-7:25-10:15
Leap Year (PG) SDOS Digital Fri-Sun 11:25-2:44-7:15-9:45 SDOS Digital Mon-Thu 2:44-7:15-9:45
Legion (14A) SDOS Digital Fri-Sun 11:45-4:30-7:15-10:05 SDOS Digital Mon-Thu 4:30-7:15-10:05 SDOS Digital Fri-Sun 11:45-4:30-7:15-10:05 SDOS Digital Mon-Thu 4:30-7:15-10:05
The Lovely Bones (PG) SDOS Digital Fri-Sun 12:45-4:10-10:10 SDOS Digital Mon-Thu 4:10-10:10
Precious: Based on the Novel "Push" by Sapphire (14A) SDOS Digital Fri-Thu 6:30-9:05
The Princess and the Frog (G) SDOS Digital Fri-Sun 11:05-1:40-4:10 SDOS Digital Mon-Thu 4:10
Sherlock Holmes (PG) SDOS Digital Fri-Sun 10:30-1:25-4:25-7:25-10:25 SDOS Digital Mon-Thu 4:25-7:25-10:25
Tooth Fairy (G) SDOS Digital Fri-Sun 11:30-2:10-5:7-7:45-10:15 SDOS Digital Mon-Thu 2:10-5:7-7:45-10:15
Up in the Air (14A) SDOS Digital Fri-Sun 11:20-2:05-4:50-7:30-10:10 SDOS Digital Mon-Thu 2:05-4:50-7:30-10:10
When in Rome (PG) SDOS Digital, Special Engagement Fri-Sun 10:35-12:50-3:05-5:35-8:10-10 SDOS Digital Mon-Thu 3:05-5:35-8:10-10
Youth in Revolt (14A) SDOS Digital Fri-Sun 10:40-3:15-5:30-7:50-10:05 SDOS Digital Mon-Wed 3:15-5:30-7:50-10:05 SDOS Digital Thu 3:15-5:30

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The Billboard 200

1. Need You Now, Lady Antebellum, right; 2. Hope for Haiti Now, Various Artists; 3. The Fame, Lady Gaga; 4. I Dreamed A Dream, Susan Boyle; The Greatest Love Songs Of All Time, Barry Manilow. METRO NEWS SERVICES



movies&entertainment 23

Music

Songs from the Heart

Irish phenomenon Celtic Woman loosen up on new album

KEITH CARMAN
for Metro Canada



When listing pop sensations, there's a group of vibrant, talented young ladies who don't immediately come to mind.

They should, however. Since their 2004 inception, Celtic Woman — a quintet of Spice Girls-esque singers delivering hearty world/classical/show tunes as per the conceptual vision of musical producer/director David Downes — have some pretty impressive numbers.

The Irish mavens currently featuring vocalists Chloë Agnew, Lynn Hilary, Lisa Kelly, Alex Sharpe and fiddler Máiréad Nesbitt are celebrating a fifth studio album dubbed Songs

"We were virtually unknown and almost overnight we're a success. Before you know it, it'll be in the past and you'll want all of those moments back."

Chloë Agnew

From The Heart and total worldwide sales of more than 50 million albums, a feat even most international pop stars struggle to achieve. Contemplating their success, Agnew and Sharpe are shocked at such great fortune.

"The concept of this wasn't intended to reach this status or last this long. I didn't even think we'd have one album, let alone five," laughs Sharpe. "It's phenomenal to be a part of such an amazing production. I had to pinch myself to realize that we

just did this."

Rather obvious, the collective's name eliminates any query as to their calling: Celtic music injected with flourishes of classical and folk influences delivered in grandiose fashion. At that, Songs From The Heart's 14 tracks blend traditional favourites with cover tunes and selections written specifically for each performer's particular voice, creating an even warmer, softer atmosphere for their typically casual style.

"(The album) is a little more laid-back and subtle but with a name like Songs From The Heart, that's what you're going for," Sharpe notes. "It's a collaborative effort of songs we adore and those that David suggests. He, after all, hears our voices most of all so he knows us better than we do."

To that extent, Agnew adds that while far from lax, the group asserts that a nonchalant approach to their success is crucial. Refusing to become another collection of disrespectful prima donnas or lose their lot entirely, being laid-back helps them stay down-to-earth while dealing with becoming world-renowned in a few short years.

"We live in the moment because you don't know



Songs From The Heart is the new album from Celtic Woman.

what lies ahead. We try to treasure every moment. We were virtually unknown and almost overnight we're a success. Before you know it, it'll be in the past and you'll want all of those moments back."

So with the humility and wisdom to enjoy their fortune coupled with a refusal to expect anything beyond the now, Agnew and Sharpe essentially ad-

mit that Celtic Woman is a group of Celt femmes not necessarily practising but at least following the essence of Zen Buddhism?

"Well, the music is spiritual and uplifting. It crosses boundaries and unites people. This music appeals to a wide range of people in age, background and personal taste and we're eternally grateful," Agnew laughs. "Maybe we are."

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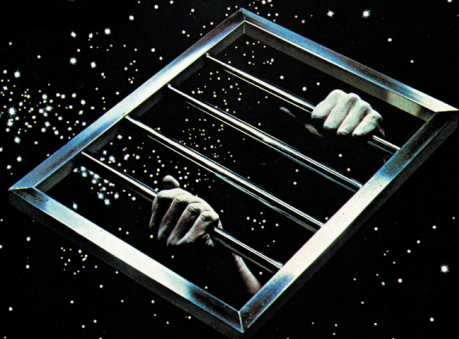
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Music

Setting a musical course with the new Apple iPad

SoundCheck

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metronews.ca/soundcheck

Now that Steve Jobs has shown us the iPad, let's speculate on what it might mean for music.

The resurrection of album artwork: The awesome screen could not only bring back album artwork and liner note, but why not full-motion displays for each song? Interactive liner notes? Parallel song-by-song commentary by the artist or producer that runs through the album just like we have with DVDs?

Soundtracks to books: Book publishers should start hiring music supervisors to compile soundtracks for books they'll soon sell in the iBook store. Can you imagine what a Nick Hornby book might sound like? Naturally, they should make it easy to buy these songs as you read.

More impulse purchases: Last year, I made 97 purchases through the iTunes store, mostly on whims. With an iPad, I can see myself buying even more as I



Why wait for the next issue of Rolling Stone magazine to be delivered when you can get it right away on the iPad?

read ebooks and watch downloaded TV shows. Want that mournful song playing under Meredith's soliloquy in the last act of Grey's Anatomy? Just tap to buy. Same with movie soundtracks. If I'm in the music licensing business either as a music supervisor or a publisher, all I see is dollar signs.

The end of traditional printed music magazines: Newspapers are already talking about making their content available on the iPad. So are magazine publishers. Why wait for that monthly issue of Rolling Stone — better yet, those British music mags that take months to make it to Chapters — when you can subscribe to each of them

"Yes, the iPad has its doubters, but so did the iPod. And that turned out fine, didn't it?"

as a service? Constantly updating music magazines with video and interactive features? I'm in.

New Opportunities for traditional radio: Like most iPods (the most current Nano an exception), there's no provision of any kind of old-school radio listening. It's expected that if you want radio, you'll listen to the online stream. There's a huge opportunity for radio companies to adapt their broadcasting models to provide not only real-time streams of their programming but an untold number of services on demand.

With the iPod function, we'll get whatever music we want whenever we want it wherever we are. What about all the other things radio stations offer? Weather? Traffic? Want to hear the morning show again? No problem.

Yes, the iPad has its doubters, but so did the iPod. And that turned out fine, didn't it?

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

Newton abandons plane

PEOPLE Officials say singer Wayne Newton owes a Detroit-area airport more than \$60,000 after abandoning his plane more than three years ago and leaving it to gather mould.

Oakland County International Airport President Joe Borgesen says the plane once worth about \$2 mil-

lion was flown into the airport about 25 miles northwest of Detroit to have interior work done.

Newton that took about a year to complete. He said Newton,



who is known as "Mr. Las Vegas," initially paid storage fees but then stopped.

Borgesen estimates moving the non-working plane would cost about \$30,000. A woman who answered the phone at Erin Miel Inc., the company owned by Newton, said she is aware the plane is at the airport. **THE ASSOCIATED PRESS**

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Music

Hot Chip takes One Life Stand

BRYAN BORZYKOWSKI
for Metro Canada



Among all of the brash, oversexed dance music out there — Ke\$ha and Lady Gaga to name two — lives a mild manner British act that's taken the club scene by storm.

Hot Chip aren't your typical band, they're quiet family men for the most part, but their inventive electro sounds and infectious melodies have made them one of the most sought after acts around.

Owen Clarke, who plays guitar, bass and synth in the five-piece, admits that they don't fit in with their contemporaries, and while they're not quite outsiders as one of his bandmates once said, they've never been part of a specific scene.

"There are usually a few scenes going on at once that are quite overblown," he says as he sits on a train in England. "Some of it is overblown. We're making records for ourselves. We're not quite outsiders, but Hot Chip is kind of an island."

That island is growing, as more and more fans, particularly in North America, get to know the band. Their last disc, Made in the Dark peaked at No. 109 on the Billboard 100 chart and reached No. 2 on Billboard's Top Electronic Albums chart.

Clarke chalks up the group's overseas success — something that eludes many U.K. acts — to the advantage of time. "It's been really gradual," he explains. "We haven't been rammed down anyone's throats and played lots of shows in the States in various forms over the years."



Inventive electro sounds and infectious melodies have made Hot Chip one of the most sought after acts around. The British five piece released new album One Life Stand earlier this week.

"We're making records for ourselves. We're not quite outsiders, but Hot Chip is kind of an island."

Owen Clarke

That's something new bands will have trouble achieving — people want the next shiny thing, but we've been lucky because it never made sense for everyone to get it. We've always antagonized some people and others really like it."

With all their recent success, you might think the band would try to emulate their popular last record, but instead the group has made a pretty significant departure. One Life Stand is filled with soft soul songs and saccharine lyrics about love. There are some familiar dance tracks, complete with blips and synth, but a song like Slush, which sounds a lot like an old, Elvis-style R&B track, is something totally different.

Part of the change had to do with the band's

recording schedule. They took a year off touring to focus on writing music and, says Clarke, they didn't spend much time listening to other acts.

"We wrote almost in isolation," he says. "That meant other influences emerged. Soul has always been on our previous records, but other things, maybe more grabby elements, stopped people from hearing that."

Because of the longer writing process, his co-workers have said that One Life Stand is their most complete record yet. Clarke agrees.

"The last record was sprawling and almost felt two sided," he says. "It was an attempt to do a double disc without making two albums. It shifted wildly in references, sonically and lyrically. This one synthesizes those areas more."

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Michael Bolton



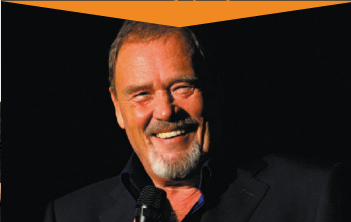
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Melissa Rycroft has a new job. The former Bachelor and Dancing With the Stars contestant will be a special correspondent with Entertainment Tonight. **METRO NEWS SERVICES**

Television



Catherine O'Hara, left, and Claire Danes star in the story of brilliant scientist Temple Grandin.

Autistic, brilliant and passionate

Temple Grandin's story is truly unique

When actress Catherine O'Hara came face-to-face with the remarkable woman whose life story is told in the made-for-TV movie, Temple Grandin, she says she was overcome with a desire to hug the brilliant scientist.

Trouble is, she knew that Grandin's autism meant she had an intense aversion to being touched.

"When you hear her story, you really do, you just want to hug this woman," the gregarious O'Hara exclaims during a recent stop in Toronto to promote the film.

Her recent meeting with the renowned scientist is top-of-mind as she discusses her latest film, Temple Grandin, airing Saturday on HBO Canada.

O'Hara plays Grandin's Aunt Ann in the film, which traces an incredible story of perseverance and

passion. The movie begins with Grandin as a frustrated teen labelled unteachable, and follows her blossoming interest in science and a unique empathy for animals that eventually makes her an expert on animal behaviour and autism.

Claire Danes plays Grandin, a task that involved adopting a slew of quirky mannerisms that include a heavy-footed gait, child-like enthusiasm and an odd, declarative speaking tone.

Danes' research for the role included weeks of reading on autism, as well as observing autistic girls and studying Grandin's unique speech patterns.

O'Hara's Aunt Ann owns

a cattle farm where Grandin spends the summer as a teen. It's there that the curious animal lover develops a fascination for cows and their mannerisms, and takes note of such peculiarities as the movement of a horse's ears and the different types of moos that cows make.

From there, Grandin goes on to study animal behaviour at university and develops a new way of cattle handling that revolutionizes the way livestock is raised for slaughter. She's now professor of animal science at Colorado State University, the author of an array of books and a frequent speaker on autism. **THE CANADIAN PRESS**

Temple Grandin airs Saturday on HBO Canada

what's cooking

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Bacon Cheeseburger Roll-Up

PREP TIME: 25 MIN. ► TOTAL TIME: 50 MIN. ► MAKES: 6 SERVINGS

What You Need

1 lb. (450 g) lean ground beef
4 slices bacon, chopped
1 small onion, chopped
2/3 cup Cheez Whiz Process Cheese Product
1 pkg. (235 g) refrigerated crescent dinner rolls

Make it

HEAT oven to 400°F.
BROWN ground beef with bacon and onions in large skillet; drain. Stir in Cheez Whiz; cook until melted, stirring frequently.
Cook 10 min.
UNROLL dough onto baking sheet sprayed with cooking spray.

Press into 14x7-inch rectangle, firmly pressing seams and perforations together to seal. Cover with meat mixture. Roll up dough, starting at 1 long side. Rearrange, if necessary, so roll is seam-side down on baking sheet.
BAKE 20 to 25 min. or until golden brown.



THIS WEEK ON THE SHOW – BOYS' NIGHT ► whatscookingtv.com

Taylor had Grammy tech troubles

The head of Taylor Swift's record label is fired up and ready to defend his superstar from people who are criticizing her Grammy-night performance.

"She is the voice of this generation. She speaks directly to (her fans), and they speak directly back to her," said Big Machine Records CEO Scott Borchetta in a telephone interview.

"This is not American Idol. This is not a competition of getting up and seeing who can sing the highest note. This is about a true artist and writer and

communicator. It's not about that technically perfect performance."

Borchetta first responded to the backlash in the Tennessee. Asked by The Associated Press why he felt the need to defend Swift, he said because the criticism was "just over the top."

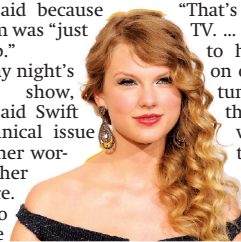
On Sunday night's Grammy show, Borchetta said Swift had a technical issue that made her worry about her performance. (Attempts to reach the

Recording Academy for comment went unanswered.)

"We had a volume problem in the ear. So, she was concerned that she wasn't able to hear everything in the mix," Borchetta said.

"That's just part of live TV. ... So you're going to have difficulties on occasion. Unfortunately, on one of the biggest stages, we did have a technical issue. She couldn't hear herself."

THE ASSOCIATED PRESS



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Stewart-O'Reilly showdown

Comic Jon Stewart told conservative TV host Bill O'Reilly that he has become the voice of sanity on Fox News Channel, although "that's like being the thinnest kid at fat camp."

The host of The Daily Show and Fox's kingpin exchanged some good-natured shots Wednesday during Stewart's appearance on a network he relishes mocking. Stewart tossed off jokes but also criticized Fox for being a "cyclonic perpetual motion machine" opposing President Barack Obama.

"They have taken reasonable concerns about this president and this economy and turned it into a full-fledged panic attack about the next coming of Chairman Mao," Stewart said.

O'Reilly said the Obama attacks were primarily coming from Sean Hannity and Glenn Beck, who have two of the highest-rated programs on Fox. O'Reilly called Beck an "everyman."

"He just spouts," O'Reilly said. "He spouts for what he believes. If you think Beck spouts for the Republican Party, you're out of your

mind."

Fox cut off the taped interview at that point, saying more would be shown Thursday.

Both men have appeared on each other's show before, but it was Stewart's first time back since 2004. O'Reilly annoyed Comedy Central by calling Stewart's audience primarily "stoned slackers"; on Wednesday, he amended it to "stoned slackers who love Obama."

Fox "is the most passionate and sells the clearest narrative of all the news networks, if ... you're still



John Stewart

referring to it in that manner," Stewart said.

THE ASSOCIATED PRESS

OT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265 353 2	TVO	Suggs' Italian	Suggs' Italian	Agenda With Steve Paikin	Heartbeat "Ties That Bind"	A. Gregg	Film 101 (N)	Agenda-Paikin		
211 331 3	GTV	Entertainment	ET Canada	House "Instant Karma"	Shark Tank (N)	NUMB3RS (HDTV) (N)	News Hour			
209 342 6	CHRO	Degrassi	TMZ (N)	Law & Order "Fed"	Law & Order: Special Victims	Comedy Now	Comedy Inc.	Comedy Now		
196 311 7	CTV	etalk	Access H.	Ghost Whisperer (N)	Medium (HDTV) (N)	Flashpoint (DVS)	CTV News			
208 303 8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	CBC News: the fifth estate	CBC News: The National (N)	The Hour (N)			
- 360 9	NBC	Wheel Fortune	Jeopardy! (N)	Law & Order "Fed"	Dateline NBC	The Jay Leno Show (N)	News			
- 362 13	CBS	The Insider	Judge Brown	Ghost Whisperer (N)	Medium (HDTV) (N)	NUMB3RS (HDTV) (N)	Two/Half Men			
216 395 14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	News: Cantonese Edition	Two/Half Men	King/Queens	Cold Case		
214 344 15	CITY	Murdoch Mysteries (HDTV)	Supernanny (N)	Supernanny (N)	Man Tracker	The Jay Leno Show (N)	News			
218 345 18	CHCH	Aliens in the Wild, Wild West 1999	Science Fiction	1969 ** (1988, Drama) Robert Downey Jr., Winona Ryder.	Shark Tank (N)	20/20 (HDTV) (N)	News at 11			
- 361 20	ABC	Action News	Entertainment	Supernanny (N)	Kitchen Nightmares (N)	FOX 2 News (N)	News			
- 365 36	FOX	TMZ (N)	Seinfeld	House "Instant Karma"	Larry King Live (N)	Anderson Cooper 360 (HDTV)	News			
500 500 33	CNN	Situation Room-Wolf Blitzer	Campbell Brown (N)	Les Grands reportages	UFC 109 Countdown	Sportsnet Connected	Prime Time			
406 417 27	net	Boxing Jelena Mrgjenovich vs. Ann	Saccuro.	Le Téléjournal (SC)	The Jackal ** (1997, Suspense)	Bruce Willis, Richard Gere.	Ramsay			
126 730 28	RDI	24 Heures en 60 minutes	Les Grands reportages	Le Téléjournal (SC)	Bobby Flay	Bobby Flay	Diner, Drive-In			
400 280 30	TSN	That's Hockey	Curling Scotiabank	Tournament of Hearts, (Live)	Futurama	King of Hill	Green Lantern: First Flight (2009, Action)			
554 544 48	TEL	Batman: Brave	Wolverine	Justice	The Thirteenth Year (1999, Drama)	Prank Patrol	Prank Patrol	Prank Patrol		
557 540 51	FAM	Sonny Chance	The New Adventures of Spin and Marty	Spencer Breslin	That's Weirid	Fries That?	Criminal Minds (HDTV)	Criminal		
551 542 65	YTV	Zoom ** (2006, Comedy) Tim Allen	Spencer Breslin	Spencer Breslin	Cool Runnings *** (1993, Comedy-Drama) Leon.	NHL Hockey: Oilers at Avalanche	News			
615 520 31	A&E	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Best of PRIDE Fighting	Kenny vs. Kenny-Spenny	Trailer Park			
628 584 32	SPKE	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Miami (HDTV)	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
616 521 39	SHO	Relic Hunter	Poison Ivy: The Secret Society (2008, Drama)	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
520 505 42	DIS	Daily Planet (N)	Man vs. Wild "Texas"	Dirty Jobs	Dirty Jobs: Egg Farm	MTV Live	Movie Night			
581 566 53	MTV	Over the Bolts	Peak Season	Over the Bolts	Over the Bolts	Over the Bolts	Over the Bolts			
522 506 55	HIS	Ancients Behaving Badly	Nostradamus Effect	Cities of the Underworld	The Assassination of Jesse James by the Coward Robert Ford	Top Chef Masters	The F Word			
603 561 95	FN	Ricardo	Eat, Shrink	The Wild Chef	Chef Abroad					

OT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265 353 2	TVO	Hippo: Africa's River Beast	Before Sunrise *** (1995, Romance), Julie Delpy (DVS)	(10:15) Before Sunset (2004, Romance)						
211 331 3	GTV	renewed Jane Show	Safe Harbor (2006, Suspense) Tracey Gold.	Love-Death	G-Spot	News Hour				
209 342 6	CHRO	The Road to Avonlea	Would Be Kings (2008, Crime Drama) (DVS)	Stargate Atlantis	Bravo/FACT	CTV News				
196 311 7	CTV	The Great Tournament	Sid vs. Alexander	Cool Runnings *** (1993, Comedy-Drama) Leon.	NHL Hockey: Oilers at Avalanche	News				
208 303 8	CBC	NHL Hockey: Ottawa Senators at Toronto Maple Leafs. (HDTV) (Live)	Law & Order "Shotgun"	Law & Order: Special Victims	48 Hours Mystery (N)	CSI: NY				
- 360 9	NBC	Paid Program	The Insider	Most Amazing	Trendy Zone	Crusoe				
- 362 13	CBS	Paid Program	The Insider	Most Amazing	Trendy Zone	Crusoe				
216 395 14	OMN2	Most Amazing	Trendy Zone	Crusoe	News at 11					
214 344 15	CITY	Cooking	Most Amazing	Crusoe	News at 11					
218 345 18	CHCH	Blast From the Past ** (1999, Romance-Comedy)	Harry Potter and the Sorcerer's Stone *** (2001, Fantasy) Daniel Radcliffe.	FOX 2 News at 10:00pm (N)	Newsroom	Investigations				
- 361 20	ABC	Oprah Winfrey (N)	NASCAR Racing Sprint Cup: Budweiser Shootout.	Larry King Live	PartyPoker.net	Sportsnet				
- 365 36	FOX	Bernie Mac	Seinfeld	Special Investigations	Best Damn Top 50 Special	PartyPoker.net	Sportsnet			
500 500 33	CNN	Newsroom	Special Investigations	Larry King Live	Best Damn Top 50 Special	PartyPoker.net	Sportsnet			
406 417 27	net	English Premier League Soccer	Teams TBA.	Decouverte (HDTV) (SC)	Le Téléjournal	Les Grands reportages	Tellement			
126 730 28	RDI	Journal	109 (SC)	Decouverte (HDTV) (SC)	Le Téléjournal	Les Grands reportages	Tellement			
400 280 30	TSN	Curling Scotiabank Tournament of Hearts, Semifinal. From the ESSAR Centre in Sault Ste. Marie, Canada.	Decouverte (HDTV) (SC)	Le Téléjournal	Les Grands reportages	Tellement				
554 544 48	TEL	Happily N'Ever After * (2007, Comedy), Freddie Prinze Jr.	Suite Life	Han. Montana	Futurama	King of Hill	Chicken	Venture Bros.	Moral Ore!	
557 540 51	FAM	Suite/Deck	Zoe 101	Suite Life	Han. Montana	Futurama	King of Hill	Chicken	Venture Bros.	Moral Ore!
551 542 65	YTV	Superman	League-Evil	Amer. Funniest Home Videos	CSI: Miami (HDTV)	Blue Mountain	Blue Mountain			
615 520 31	A&E	CSI: Miami (HDTV)	UFC Unleashed	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
628 584 32	SPKE	CSI: Miami (HDTV)	UFC Unleashed	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
616 521 39	SHO	Slings and Arrows	The Perfect Child (2007, Drama) Rebecca Budig.	30 Days of Night ** (2007, Horror)	Vermintors (N)	Criss Angel				
520 505 42	DIS	Cash Cab (N)	Cash Cab	Destroyed	Destroyed	Over the Bolts	Over the Bolts			
581 566 53	MTV	Peak Season	After	Cities of the Underworld	The Assassination of Jesse James by the Coward Robert Ford	Top Chef Masters	The F Word			
522 506 55	HIS	Nostradamus Effect	Glutton	Chef Abroad						
603 561 95	FN	Glutton	Chef Abroad							

OT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265 353 2	TVO	Monarchy	Born to Be Different (N)	Endgame ** (2009, Drama)	The View From Here					
211 331 3	GTV	Family	The Simpsons	Cleveland	Family Guy	American Dad	(10:01) Brothers & Sisters	News Hour		
209 342 6	CHRO	TMZ (N)	Would Be Kings (2008, Crime Drama) (DVS)	Stargate Atlantis	Bravo/FACT	CTV News				
196 311 7	CTV	(6:25) NFL Football Super Bowl XLIV -- Indianapolis Colts vs. New Orleans Saints.	Poison Ivy: The Secret Society (2008, Drama)	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
208 303 8	CBC	Heartland (DVS)	Poison Ivy: The Secret Society (2008, Drama)	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
- 360 9	NBC	The Biggest Loser	Strenuous bike challenge.	(9:04) The Biggest Loser	Undercover Boss (N)	CSI: Miami				
- 362 13	CBS	(6:25) NFL Football Super Bowl XLIV -- Indianapolis Colts vs. New Orleans Saints.	Bollywood Boulevard (DVS)	Hockey	Most Amazing	Aaram	Arirang Korea	Of Blessings		
216 395 14	OMN2	To Be Announced	Survivor: The Island	Extreme Makeover: Home	Double Jeopardy *** (1999, Suspense), Ashley Judd	Family	Family	News		
214 344 15	CITY	Survivor: The Island	Extreme Makeover: Home	Double Jeopardy *** (1999, Suspense), Ashley Judd	Family	Family	Family	News		
218 345 18	CHCH	13 Going on 30 *** (2004, Romance-Comedy)	The Simpsons	Cleveland	Family Guy	American Dad	FOX 2 News at 10:00pm (N)	Sportsworks		
- 361 20	ABC	Amer. Funniest Home Videos	Family	The Middle	Larry King Live	Newsroom	State/Union			
- 365 36	FOX	Til Death (N)	Til Death (N)	The Simpsons	Cleveland	Family Guy	American Dad	FOX 2 News at 10:00pm (N)	Sportsworks	
500 500 33	CNN	Newsroom	Campbell Brown	Le Téléjournal	Les Couilluses du pouvoir	Regard	Le Téléjournal			
406 417 27	net	Billiards World Cup of Pool.	Journal	Humanima	Olympics: On Home Ice	Total Drama	Majority Rules	6TEEN		
126 730 28	RDI	Journal	Humanima	Olympics: On Home Ice	Total Drama	Majority Rules	6TEEN			
400 280 30	TSN	Olympics: On Home Ice	Total Drama	Majority Rules	6TEEN					
554 540 51	FAM	Suite/Deck	Zoe 101	Suite Life	Han. Montana	Around the World in 80 Days (2004)	Fries That?	Survive This	Ghost	
551 542 65	YTV	(6) Superman Returns *** (2006, Adventure) Brandon Routh.	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal			
615 520 31	A&E	CSI: Miami (HDTV)	UFC Unleashed	UFC 109: Preliminaries	UFC 109: Preliminaries	Blue Mountain	Blue Mountain			
628 584 32	SPKE	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI			
616 521 39	SHO	Crash & Burn	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters			
520 505 42	DIS	Over the Bolts	Over the Bolts	MTV Live	Movie Night	Peak Season	Peak Season	Peak Season	After	
581 566 53	MTV	Over the Bolts	Over the Bolts	MTV Live	Movie Night	Peak Season	Peak Season	Peak Season	After	
522 506 55	HIS	Ancient Discoveries	Challenge	Underworld Histories	Jamie's Australian Diary	Iron Chef America	Dinner: Impossible	Restaurant		
603 561 95	FN	Challenge								

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Madonna is investing \$1.5 million US in Vita Coco, a Brazilian coconut water company, because of the effect it's had on her health, sources tell Fox News. "Madonna began drinking it in 2009 ... and it became her drink of choice," a source says. **METRO NEWS SERVICES**

Going Out

Metro's **7th Heaven**: Metro taps what's hot right now

1 Super Bowl XLIV

EVENT When it comes to a North American sporting event, the Super Bowl hits the longest yard — the best parties, the best ads, the best cheerleaders and, this time, the best underdog story. The New Orleans Saints are in their first NFL grand finale and they carry with them the hopes of a battered city rising from the ashes of Hurricane Katrina. Good luck, Indianapolis.

2 A Serious Man

DVD The Coen Brothers get autobiographical. Well, sort of. The black comedy, centred around a Jewish professor, draws on the filmmakers' childhood experiences growing up in an academic household. The real-life similarities probably end there but there are enough Coen trademarks to make this one of their top works to date.



3 Kathryn Bigelow

DIRECTOR Who would have thought that director of Point Break would go on to make something like The Hurt Locker? Anyway, James Cameron's ex is the most talked-about filmmaker in Hollywood right now. She's already become the first person to win the top Director's Guild of American award. Can she repeat the feat come Oscar night?

4 Star Trek Online

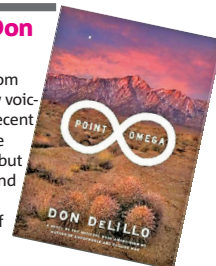
GAME It's a bit surprising that given the number of Trekkies out there this is the first online game from the franchise. Here's how it works: You start as a lowly ensign on the Starfleet and climb up the chain to become captain of the spaceship. Live out your Kirk fantasies and prosper.

5 Dear John

FILM Ladies, time to polish up the lachrymals. Channing Tatum (great reason to smile through the tears) and Amanda Seyfried star in this adaptation of "cry-fi" author Nicholas Sparks' book. Guys, just stick to the Super Bowl parties this weekend.

6 Point Omega: Don DeLillo

BOOK The 15th novel from one of the major literary voices of the last few decades. His recent works may not have reached the heights of White Noise or Libra but there's some positive buzz around this tale of a father coming to terms with the disappearance of his daughter.



7 Romance Is Boring: Los Campesinos!

ALBUM Glockenspiel solos? Check. Addictive mash of New Wave and twee pop? Check. Funny but abrasive lyrics? Check. If you want in on what hip kids are grooving to these days, this Welsh band's second full-length album is a must have.



Jackson's doctor negotiates surrender

With a criminal charge looming, Michael Jackson's doctor is negotiating his surrender to Los Angeles authorities, his attorney said Thursday.

A statement from Ed Chernoff said he was negotiating with the district attorney's office for Dr. Conrad Murray to turn himself in, but there has been no agreement on specifics.

"When the agreement is complete, we will report further," Chernoff said.

Murray has maintained that nothing he gave Jackson should have killed him.

Murray's arraignment already has been set for Friday afternoon, a person familiar with the planning told The Associated Press. The person declined to be named because of the sensitivity of the situation.

The possible charge was not disclosed.

However, two law en-

Factors

- A law enforcement official tells The Associated Press that officials from the Los Angeles Police Department, which spent the past seven months investigating Murray, were unhappy with the idea of him surrendering and wanted to arrest him.
- The official, who was not authorized to speak publicly and requested anonymity, says various factors weighed into the desire to arrest Murray, including the possibility he might flee before arraignment, as O.J. Simpson did.

forcement officials have told the AP prosecutors plan to charge Murray with involuntary manslaughter, alleging he gave Jackson a powerful anesthetic that led to his June 25 overdose death at a rented mansion in Los Angeles.

The officials spoke on

condition of anonymity because they were not authorized to publicly discuss the case.

Sandi Gibbons, a spokeswoman for the district attorney, would not confirm or deny that Murray would appear Friday at the courthouse.

Murray, who has a practice in Houston, came to Los Angeles last weekend and has been strategizing with his defence team.

Police have been investigating Murray since Jackson's death.

The doctor told detectives he'd given the singer a powerful anesthetic and other sedatives to get the chronic insomniac star to sleep.

Jackson, 50, died soon thereafter, and investigators have been gathering evidence to try to show Murray was negligent in administering the drugs.

THE ASSOCIATED PRESS

Mix of Six

19th Annual Stew Cook-off

When: Friday, noon to 2 p.m.

Where: The ByWard Market Square.

All of the funds raised go to charity. This year's recipient is the United Way's Project S.T.E.P.

Senators-sponsored Blood Donor Clinic

When: Friday, 3 to 7:30 p.m.

Where: A.Y. Jackson High School.

The Ottawa Senators and Canadian Blood Services are asking fans to "give red" at the Senators-sponsored blood donor clinic. Donors will have the chance to win Senators prize packages and tickets to the March 6 game.

What Makes it Great?

When: Sunday, 3 p.m.

Where: Dominion-Chalmers United Church, 355 Cooper St.

Commentator, composer and conductor Rob Kapilow will take his audience on a riveting exploration of Brahms' Piano Trio in B major, Op. 8 (revised version — 1891), followed by a performance of the work by the Gryphon Trio.

Student exhibition

When: Friday, 7 to 10 p.m.

Where: Dale Smith Gallery

Even Picasso was young once. Second annual exhibition of work by graduating visual arts students at Canterbury High School

In Search of Time

When: Friday, 8 p.m.

Where: Canada Science and Technology Museum

Connect with experts at the intersection of science and society, technology and culture as science journalist Dan Falk explores some of the most intriguing aspects of time during this public science talk.

Winterlude Opening

When: Friday, 7 to 11 p.m.

Where: Canadian Museum of Civilization

Celebrate the Canadian winter with a multi-sensory performance. The show includes artistic performances and musical fireworks. Can't make it to the site? Check out the fireworks from other Winterlude sites, including Jacques-Cartier Park and Major's Hill Park.

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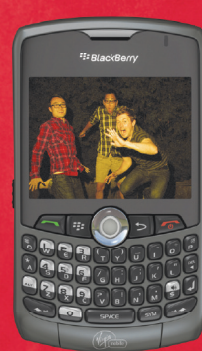
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30 movies&entertainment

Entertainment

J.D. Salinger took story material from hometown

J.D. Salinger supposedly spent the latter half of his life writing for his own pleasure, composing each day in a pine house in the hills that overlooked towering maple trees, plowed hay fields and the neighbouring mountains of Vermont.

The author of *The Catcher in the Rye*, who died last week at age 91, lived here for more than 50 years and continued to publish throughout his first decade in Cornish, releasing such fiction as *Franny* and *Zooey* and *Raise High the Roof Beam, Carpenters and Seymour: An Introduction*. But while he surely appreciated a setting that was "nice and peaceful," a wish Holden Caulfield expressed in *Catcher*, Salinger was essentially a cosmopolitan author who set much of his fiction on campuses and in his native New York City and the surrounding area.

The book world knows no greater mystery than what Salinger might have written since he stopped sharing his work with the public in the 1960s. Former neighbour Jerry Burt has said, and continues to say, that Salinger told him he was keeping a stack of manuscripts in a safe. Salinger's daughter, Margaret, Salinger and a former Salinger lover, Joyce Maynard, have also claimed he had a secret stash at home.

With his longtime literary agency, Harold Ober Associates, Inc., declining comment on any possible unreleased work, rumours of what Salinger wrote in his later New Hampshire life range from meditations on nutrition to continued adventures of the Glass family featured in much of his published work. But had he chosen to

take on his immediate world, in Cornish, there would have been much — in the present and in the past — to inspire him.

He might have responded to the books about him, to the memoirs by his daughter and by Maynard that cast him as a crank and recluse in his Cornish years, an image foreign to the amiable and unassuming townsman fellow residents had encountered.

"We kept hearing all the garbage about how weird he was," says Salinger neighbour and former state senator Peter Burling. "But he was a good neighbour completely integrated into the town, with a real appreciation for young people. When we were kids, we used to have picnics out on his fields and he never seemed to mind."

THE ASSOCIATED PRESS



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UNIVERSAL

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Grammy Award-winning artists Alicia Keys and Shakira will perform during halftime of the NBA all-star game. The league also announced Usher will perform at the Feb. 14 game at Cowboys Stadium in Arlington, Texas. **THE ASSOCIATED PRESS**

Entertainment

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Diabetes played role in death of wealthy heiress

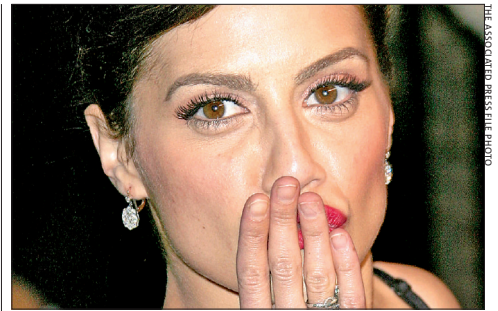
CORONER'S REPORT The Los Angeles County coroner says socialite Casey Johnson's death was related to diabetes.

The coroner announced Thursday that the death of the Johnson & Johnson heiress was caused by diabetic ketoacidosis — a life-threatening condition caused by lack of insulin and sky-high blood sugar.

The coroner conducted Johnson's autopsy Jan. 5. Her body was found a day earlier in her Los Angeles home.

The 30-year-old daughter of New York Jets owner Robert "Woody" Johnson lived a party life. In December, Casey Johnson announced her engagement to bisexual reality television star Tila Tequila.

THE ASSOCIATED PRESS



Brittany Murphy died from pneumonia, but prescription drugs played a factor, a coroner said.

Prescriptions a factor in Brittany Murphy death

The Los Angeles County coroner says Brittany Murphy died from pneumonia but prescription drug intoxication was also a factor.

The coroner released its results Thursday.

Spokesman Craig Harvey says the primary cause of Murphy's death was pneumonia, with secondary factors of iron-deficiency anemia and multiple drug intoxication. Harvey says the drugs ingested were all

prescription medications.

Harvey declined to say more about what types of drugs were involved. He says those details will be released in about two weeks when a complete report is ready. Murphy died Dec. 20 at age 32 after collapsing at her Hollywood Hills home. Her mother and husband have said that the actress didn't abuse prescription medications or have an eating disorder. **THE ASSOCIATED PRESS**



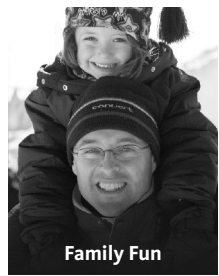




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Fireworks



DJ Misstress Barbara



Fireworks soundtrack broadcast on CHIN Ottawa 97.9 FM.

Canadian Museum of Civilization

- Free admission, 5 pm to 11 pm
- Artistic performances, 7 pm
- Official launch, 8:15 pm
- Musical fireworks show, 8:50 pm
- DJ Misstress Barbara, 9:10 pm

Jacques-Cartier Park

- Site open until 10 pm
- Musical fireworks show, 8:50 pm

Major's Hill Park

- Flying Canucks, 7 pm to 10 pm
- Art exhibits, 7 pm to 10 pm
- Musical fireworks show, 8:50 pm

Schedule subject to change.



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Baby boy Brower

Brothers & Sisters star Sarah Jane Morris and her husband Ned Brower welcomed a baby boy on January 24, their rep confirms. Brower, drummer for the band Rooney, also announced the news on Facebook. **METRO NEWS SERVICES**

**Celebrity Buzz****Mixing biz with pleasure?**

AN AGENT WITH AN AGENDA ... TO MEET WITH HIS CLIENT AND HAVE A MEAL. SO DEVIOUS Has Reese Witherspoon waded back into the dating pool?

People.com reports the Oscar winner, 33, shared dinner for two at Santa Monica's cozy Italian eatery Locanda Portofino last Thursday with Jim Toth, an agent at Hollywood's powerful Creative Artists Agency.

After greeting each other with a hug and settling in to a corner table, the pair "were very flirtatious

throughout dinner," says a fellow diner.

"They were having a lot of fun, totally getting along and laughing and talking the whole dinner. Reese seemed very happy. She was smiling all dinner. The mood was upbeat and really good."

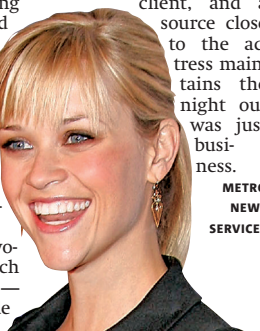
Witherspoon quietly split from actor Jake Gyllenhaal, 29, last December.

After the nearly two-hour meal — for which Toth picked up the tab — the couple walked outside

and parted ways around 11 p.m.

Witherspoon is a CAA client, and a source close to the actress maintains the night out was just business.

METRO NEWS SERVICES

**Taking a bite out of V-Day**

OUCH! THAT'S THE TRUTH HURTING Alex Meraz, a member of the hunky, shirtless wolf pack in New Moon, isn't afraid to bear his fangs at his famous co-star Taylor Lautner, us-magazine.com reports.

Meraz, 25, took to his Twitter account to play armchair critic for Valentine's Day, the romantic comedy in which Lautner stars with Taylor Swift, Jennifer Garner, and Julia Roberts, among other superstars.

Meraz hasn't seen the film — but calls the preview "lame and desperate."

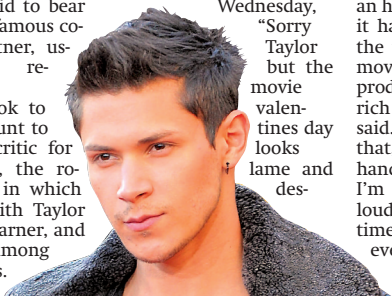
Tweeted late Wednesday,

"Sorry Taylor but the movie valentines day looks lame and des-

perate it cries out 'look we have all the biggest starz in 1movie pleez watch!'"

Meraz backtracked just an hour later, writing, "P.S. it has nothing to do with the talented actors in the movie I just don't like the producer & Directors 'get rich quick skeem' nuff said." And one hour after that, "talk about biting the hand that feeds me... but I'm a wolf for crying out loud! I'll be careful next time I spill twitter all over everyone."

METRO NEWS SERVICES

**Jolie-Aniston beat down**

SHE BEAT HER AND GOT THE GUY. SHE BEAT HER TO BEING A MOTHER. NOW SHE'S BEATING HER WITH A MILLION DOLLARS Angelina Jolie bests Jennifer Aniston — again. Jolie, 34, out earned Aniston, 40, in 2009, according to Vanity Fair's Hollywood's Top 40 list, us-magazine.com reports.

Jolie came in at No. 32 on the list by making \$21 million US last year;

\$20 million of that for her action thriller, Salt, which doesn't even hit theaters until next July. She made an extra mil in royalties from other films, the mag estimates.

Aniston isn't too far behind at No. 31. She earned \$20 million last year, but had to do a lot more work. Vanity Fair says she made \$8 million each for The Bounty Hunter and The Baster. She banked \$3 million for 2008's Marley

& Me thanks to back-end earnings of its \$243 million worldwide gross and DVD sales, and \$1 million from Her's Just Not That Into You.

METRO NEWS SERVICES

**He wants love**

SEVEN DAYS A WEEK Demi Moore might be shocked to learn that her husband dislikes the year's most romantic day, people.com reports.

"I think every day should be a day of romance," he says. "Then, on Valentine's Day, you should get to tell whoever you hate that you cannot stand them. There would be one day of hating, and 364 days of love."

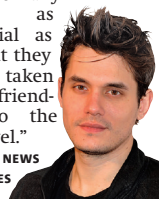
METRO NEWS SERVICES

**Cradle Robber**

ICK. GROSS. EW, TAYLOR, NO!! John Mayer is known for dating beautiful women — and clearly doesn't discriminate on their ages. The 32-year-old rocker, who was previously involved with 40-year-old Jennifer Aniston, is now rumoured to be dating Taylor Swift, 20, popeater.com reports.

"Taylor and John are absolutely more than 'just friends,'" a source tells hollywoodlife.com. "They aren't 'boyfriend and girlfriend' or anything as provincial as that, but they have taken their friendship to the next level."

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

EDDIE IZZARD is checking out the moon, **ALYSSA MILANO** has standards, and **NEIL PATRICK HARRIS** has been misinformed.

@eddieizzard If you're in the LA area or even anywhere in Southern California, check out the moon. It has a massive ring around it from where I'm looking

@Alyssa_Milano Twitter Tip: If you are vulgar, rude, gross, disrespectful or make me throw up in my mouth a little, I will block you.

@ActuallyNPH Heading to London in a bit. Can't wait to be there and soak in the warm weather. Get some sun. Here it's lovely this time of year...

METRO WORLD NEWS

All the pretty hoarders

WHEN HER 'CAREER' TANKS SHE CAN SELL EVERYTHING ONLINE. OH WAIT, THAT'S ALREADY HAPPENING AT LOHAN-HOUSE.COM Is Lindsay Lohan a secret celebrity hoarder?

"I just need to get rid of ... stuff," the 23-year-old star says in a teaser for an exclusive interview on The Insider, popeater.com reports. "That's personal stuff that I have to work on."

In an interview with Niecy Nash — host of the Style Network' Clean House reality show — Lohan reveals she may be using hoarding as a coping mechanism for the estranged relationship she has with her father, Michael Lohan.

METRO NEWS SERVICES

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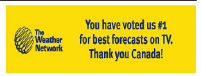
Feb. 5th, 12PM – 2PM, at the corner of George and William
\$10 for all the stew you can eat, proceeds to Project S.T.E.P.

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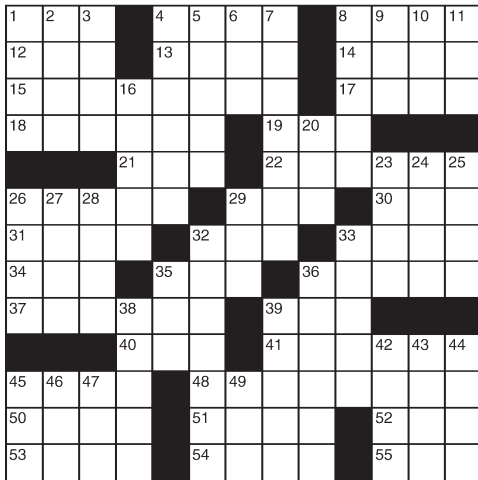


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ACROSS

1 Masseur's workplace
4 "Just Dance" singer Lady —
8 Crazy
12 Scepter topper
13 "Zounds!"
14 Stench
15 Ship-repair site
17 Wilder or Hackman
18 Help
19 Inventor Whitney
21 Appomattox surrenderer
22 Caseload
26 Barbershop item
29 Cocoa holder
30 "What'd you say?"
31 Black birds
32 "Great Expectations" lad
33 Poi base
34 B&B
35 Car wash option
36 Benefactor
37 Adulterate
39 Parcel of land

40 Wanted poster abbr.
41 Nervous
45 Spinning noise
48 Paper
50 Car
51 Part of Q.E.D.
52 Fond du —, Wisc.
53 Egg container?
54 Mineo and Maglie
55 Biblical verb suffix

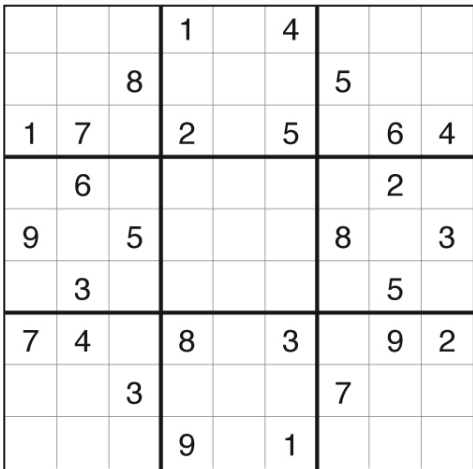
DOWN

1 Pop
2 Paid players
3 Basic education
4 Old Faithful, e.g.
5 Playing marble
6 Needlefish
7 Made sense
8 Spock's specialty
9 Praise in verse
10 Anti
11 Raw rock
16 Narcs' measures
20 Journal
23 Tatar chief
24 Modern-day

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	5	7	1	2	6	8	9	3
8	9	6	5	3	4	7	2	1
2	3	1	8	9	7	5	4	6
7	4	8	6	5	3	9	1	2
6	2	9	4	7	1	3	8	5
3	1	5	2	8	9	4	6	7
9	6	3	7	1	8	2	5	4
5	8	4	3	6	2	1	7	9
1	7	2	9	4	5	6	3	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Cheddar and Broccoli Strata

INGREDIENTS:

1 tbsp (15 ml) butter
4 shallots, finely chopped
1/2 lb (250 g) broccoli florets
6 oz (175 g) green beans, halved
2 cups (500 ml) frozen corn
9 slices bread, halved and crusts removed
4 eggs
2 1/3 cups (575 ml) 2% milk
2 tbsp (25 ml) fresh chives, snipped
2 tbsp (25 ml) fresh parsley, chopped
3/4 cup (175 ml) cheddar cheese, grated
salt and black pepper

METHOD:

1. Melt butter in frying pan. Add shallots and cook until softened. Cook broccoli and green beans in boiling water until tender. Drain, then stir with shallots.

lots and corn in bowl; season to taste.
2. Arrange six halved bread slices side-by-side in lightly greased overproof dish. Top with half the broccoli mixture, add another layer of bread, then broccoli, then top with final layer of bread.
3. Whisk eggs, milk, chives and parsley, then season. Pour mixture over layered bread and vegetables, then sprinkle cheese on top. Set aside 30 minutes. Preheat oven to 350°F (180°C).
4. Bake casserole 1 hour or until set, puffy and golden brown. Spoon strata onto serving plates.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.caARIES
MARCH 21-APRIL 20

It is important that you believe in yourself. It is important that you have faith in your own abilities.

LIBRA
SEPT 23-OCT 23

You may feel that you deserve something better and you may feel that your talents should be appreciated more, but it won't happen unless you make it.

TAURUS
APRIL 21-MAY 21

Saturn, planet of challenges, is strong in your chart, which means that someone in authority is going to give you a hard time.

SCORPIO
OCT 24-NOV 22

You may feel different, even superior, do something out of the ordinary today. You've got what it takes — so take it.

GEMINI
MAY 22-JUNE 21

You may not agree with the way some people live but you do accept they have the right to be different.

SAGITTARIUS
NOV 23-DEC 21

Someone you meet on your travels will bring you good luck, but do you deserve it? Maybe you do, maybe you don't.

CANCER
JUNE 22-JULY 22

If you fear the worst then the worst will probably happen. Negative thoughts inevitably attract negative events, so keep yourself busy today.

CAPRICORN
DEC 22-JAN 20

Someone in a position of power will put you to the test today and you will need all your strength and all your skill to get through the situation.

LEO
JULY 23-AUG 23

As a Leo you believe you can do anything and, for the most part, that belief is true. But with Saturn so strong at the moment you may bite off more than you can chew.

AQUARIUS
JAN 21-FEB 18

Don't waste a second of your precious time on people who are either too lazy or too stupid to sort things out for themselves.

VIRGO
AUG 24-SEPT 22

You will either get a lot of work done today or you will get nothing of any importance done at all. There is no middle ground.

PISCES
FEB 19-MARCH 20

You may feel a bit lethargic today but don't let it worry you because you will more than make up for it over the weekend.



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